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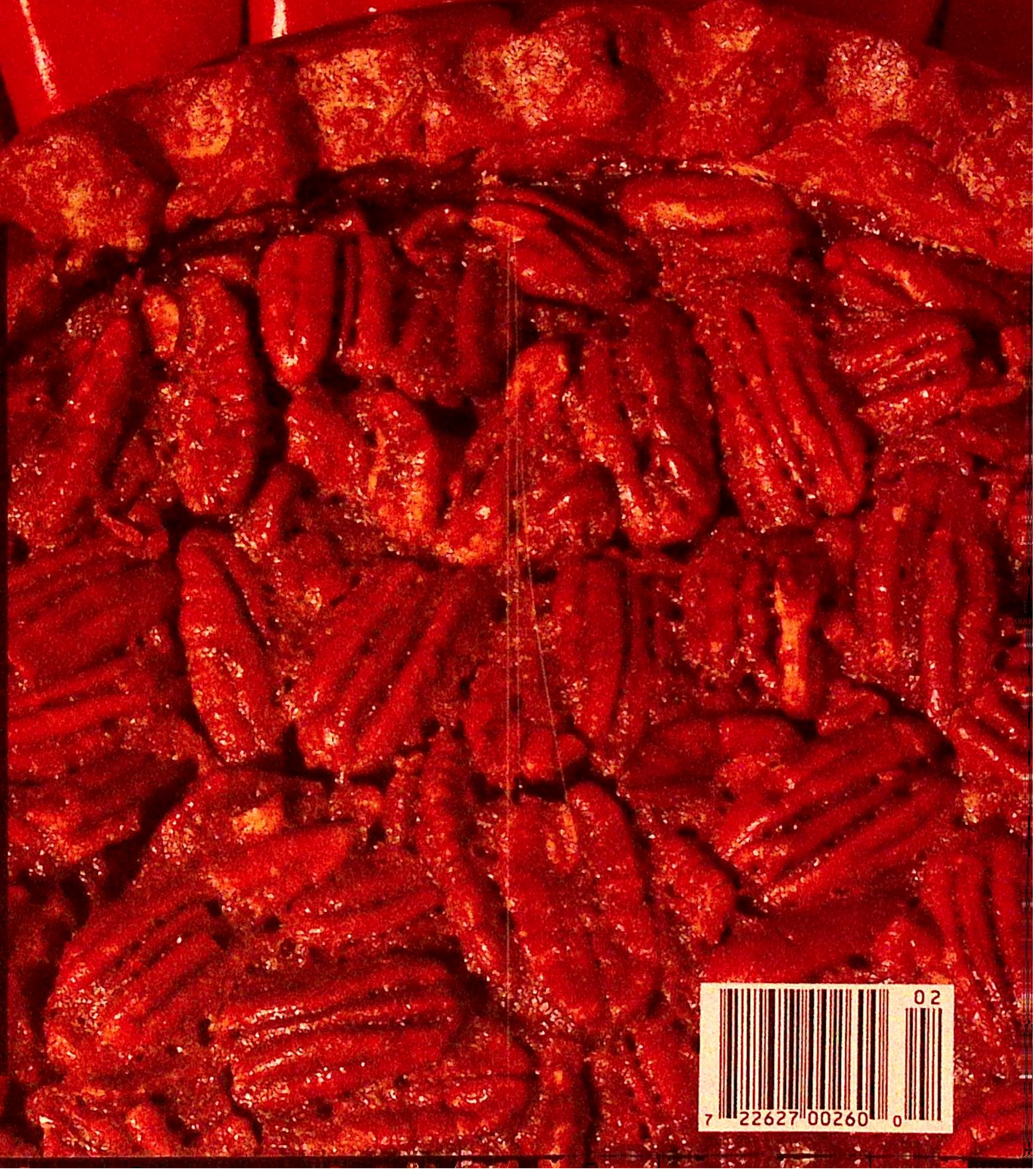
Chile Pepper

SPICY WORLD CUISINE

ADVENTURE IN MEXICO

Puebla, Cradle of Mexican Cuisine

Tasting Yucatán



JANUARY/FEBRUARY, 1994
Volume VIII, No. 1

Chile Pepper

SPICY WORLD CUISINE

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Here are the recipe contest results you've been waiting for—and we're sure you'll find them well worth the wait. Hundreds of wonderful recipes pouring into our offices made the judging a real challenge; thanks to our enthusiastic readers for making the contest a blazing success!

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Center of the great Mayan civilization, this isolated region of Mexico boasts extraordinarily beautiful landscape, fascinating ruins, friendly inhabitants, and some of the richest and most distinct cuisine in Central America. It's no wonder our authors find themselves returning to Yucatán again and again...
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For the true Mexican cooking aficionado, a visit to Puebla produces a feeling akin to reverence. Puebla's cuisine embodies the cultural intermixing of Indian, Spanish, French, and Arab traditions which position it as the birthplace of Mexican cooking.
by JAMES W. PEYTON

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Just when you thought the hardest decision to make about beer was how "light" to have it, along come some master brewers to ask you how you like your brew: hot, spicy, smoked, fruit flavored, hopped up—it's enough to make you reach for a cold one.
by RICK LYKE

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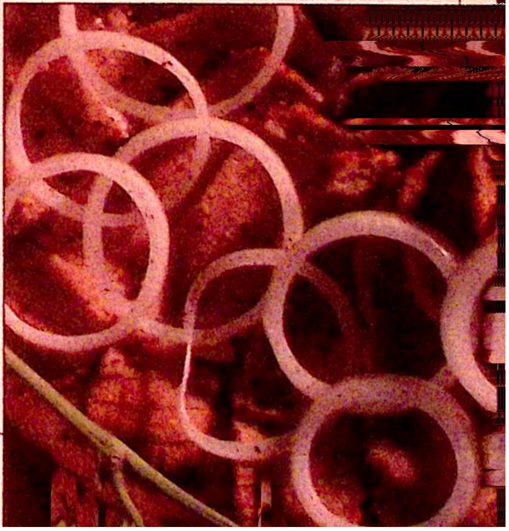
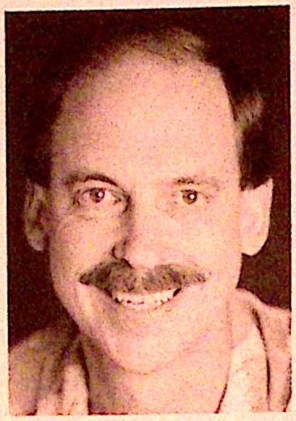


Cover Photograph:
Warm Chocolate Pecan Pie, by one of the *Chile Pepper* recipe contest winners, Stella Fong. Photograph by Chel Beeson.

Editor's Letter

Dave DeWitt

Around the World–and More!



Our year-long theme for 1994 is an imaginary cruise around the world—and an inexpensive one at that because the only cost involved is the price of this magazine! In this issue, our first destination is Mexico—a country that never ceases to fascinate our writers. Nancy and Jeff Gerlach take us to their favorite region in Mexico, Yucatán, famous for its Mayan cuisine and habanero chiles. Jim Peyton visits the cradle of Mexican cuisine, Puebla, and its fascinating *moles* and *pipians*.

Also in this issue, our guest chef for Fiery Fare, Natalie Danford, teaches us how to make some very unusual—and hot and spicy—pizzas. I concur with her observations about pizza in Italy. After dining on pizza in Florence, I have great difficulty eating pizza in the United States. And what to serve with spicy pizza? Spicy suds, of course, and Rick Lyke guides us around some of greatest beers made in this country.

Add a Back Burner on British mustards, the winning recipes from our recipe contest, some great new fiery books in Pungent Press, and our typically diverse Hot Flashes, and we present another eclectic issue.

Oh—and next issue, our world cruise stops in various ports on the Pacific Rim!

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Chile Pepper
SPICY WORLD CUISINE

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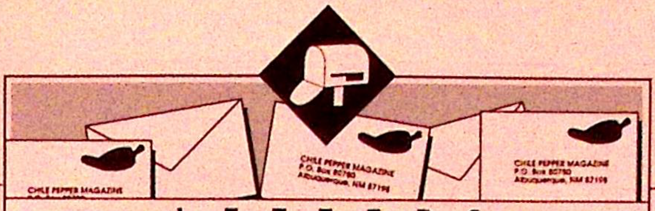

L E T T E R S

More Chiles?

Congratulations on your 30th issue. And how else can you keep from running out of things to write about? Maybe more than "travel and fiery foods"—how about chile peppers? Your magazine started out fine, then left us backyard gardeners behind. How about more articles on varieties and seed sources? How about regular columns like Seed Swap or Seed Source? Let's hear more about chile peppers in *Chile Pepper* magazine.

Clint Nagel
Pierre, South Dakota

Dear Clint: At the risk of repeating ourselves for the umpteenth time, we are not a gardening magazine, and our name is symbolic of our culinary subject matter and is not meant to be interpreted literally. We run one gardening article a year, in our March/April issue and discuss worldwide chiles in various articles, as we have with recent coverage of Trinidad, Mexico, and Costa Rica. For more detailed chile gardening information, pick up a copy of The Pepper Garden, *recently published by Ten Speed Press. Seed Savers Exchange is dedicated to the preservation of heirloom seed varieties, including many Capsicums. They publish an annual yearbook listing available varieties. Contact them at: Seed Savers Exchange, Rt. 3, Box 239, Decorah, IA 52101.*

Chile Pepper Advertisers Take Note

Firstly, let me congratulate you on a great magazine. It goes some way to alleviating the isolation we chilliholics feel in this part of the world. One gripe, however. A lot of us readers in other countries wish to support your advertisers by buying their chilli-related products. We feel cheated when we can't contact advertisers who list only their U.S. toll-free numbers, so could they include postal addresses too? Is there anything you can do, O Great Pod?

Terry P. Duval
Christchurch, New Zealand

Dear Terry: All we can do is suggest to our advertisers that by listing only an 800 number, they are missing out on foreign orders and contacts. Thanks for the letter.

Chile Chew Toy Source

Several issues ago you ran a picture of a chile pepper dog's chew

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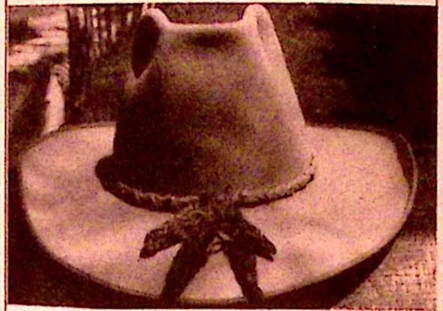
LETTERS

toy, but no way to order one. Well, I found one! They're available through the Pedigrees Catalog, 1989 Transit Way, Box 905, Brockport, NY 14420-0905, (800) 548-4786.

Ellen Buckner
Chattanooga, Tennessee

And a Tip of the Chile Pepper Hat



Another great use for great chiles.

Gary Maier
Cheyenne, Wyoming

East Coast Chileheads

Your magazine is fabulous, but we're hoping future issues will include some articles on restaurants and hot and spicy events on the East Coast. We cringe with jealousy when an article is written about South or Southwest cuisine, and we can't be there to enjoy it.

Jo-Ann Amantea
New York, New York

Dear Jo-Ann: We'll get right on it. Meanwhile, we'd love to hear from readers about their favorite hot and spicy restaurants and festivals on the East Coast.

We want to hear from You!

Readers, address your letters to:
Letters to the Editor, Chile
Pepper Magazine, P.O. Box
80780, Albuquerque, NM 87198.

HOT FLASHES

The Question of AUTHENTICITY

by Dave DeWitt

On a recent trip to Ocho Rios, a lovely Jamaican woman named Carol Burrell was the attendant at our villa. While discussing the subject of "jerking" chicken and pork, I asked Carol for her recipe for jerk spices. "That's easy," she replied, and proceeded to give us a recipe that included scallions, onions, Scotch bonnets, pimento (allspice) and...commercial seasoning salt, which is readily available in Jamaican grocery stores. Now, is this recipe authentic? After all, it came from a Jamaican in Jamaica and reflects the way she cooks today.

I ask the question because lately we've been accused by readers of publishing supposedly "non-authentic" recipes. One complaint stated that no self-respecting Jamaican cook would ever use nutmeg as a jerk spice. Well, maybe Jamaicans didn't use nutmeg or seasoning salt fifty years ago, but they do now.

Since cuisines around the world steadily evolve as new ingredients become available (witness the spread of chiles to the Old World), applying a strict definition of the word authentic becomes tricky indeed. Before 1500, Indian curry powders did not contain chiles, but a "traditional" curry powder today, of course, does. So how should we define authentic, anyway? Does it mean traditional? If so, then recipes can never be altered by generations of cooks; the food formulas remain frozen in time as if they were fossilized remnants of ancient cuisines.

We prefer a broader definition of the word authentic, one that reflects the influences of a changing world. Most of the recipes in *Chile Pepper* are collected in the field, from the cooks and chefs of various countries. The recipes usually reflect what is being cooked today, not necessarily what was prepared in the ancient past.

Our main concern is that our recipes taste good and accurately reflect what is being cooked around the world. In some cases, the recipes will be traditional; in others, they will be contemporary. But in all cases they will be authentic—meaning, as in the dictionary, reliable and genuine.

Austin Chronicle Hot Sauce Challenge Winners

The largest hot sauce competition in the world is held every summer in Austin, Texas, when 145 individuals, manufacturers, and restaurants whip up 212 sauces to compete for top prizes. A crowd of more than 5,000 turned out in 99-degree heat to taste the sauces, listen to the music, buy chile peppers, and cruise the salsa booths. Judging this past summer's event were Pat Sharpe of *Texas Monthly*, Stephan Pyles of Baby Routh in Dallas, Jay McCarthy of Cascabel in San Antonio, David Garrido of Jeffrey's in Austin, Reed Hearon of Cafe Marimba in San Francisco, and Dave DeWitt of this magazine. The annual event is sponsored by the *Austin Chronicle*. First place winners were as follows:

Individuals

Red: Tim LaFuente
Green: Cynthia Spanhel
Special Variety: Jack Jones

Commercial

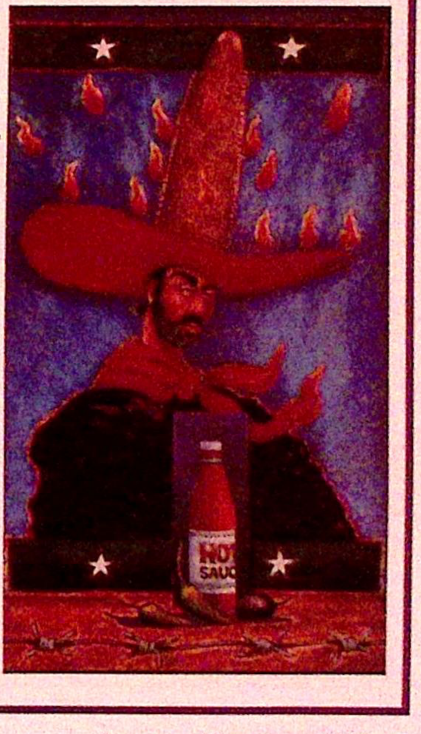
Red Shelf: Rio Diablo
Green Shelf: Tres Chic of Texas
Special Variety: Rose's

Restaurant

Red: Green Mesquite
Green: Trudy's
Special Variety: Kidd Creole

Hot Art

This acrylic on canvas painting entitled "Señor Caliente" (40"x28") is from Hawaiian artist Ron Genta, who has painted a number of images inspired by chiles and Mexico. They are for sale, and Ron also does commissioned work. Contact Ron at P.O. Box 91051, Honolulu, HI 96835, (808) 261-1477.



Pod Pourri

Hot and spicy retail shops are springing up in malls and strip shopping centers all over the country. Some industry experts estimate that there are more than 100 shops with names like Some Like It Hot and other variations on the theme...

✷

An inmate at the New Mexico Women's Correctional Facility in Grants lost twelve days of good time for possession of "contraband"—four jalapeños hidden in her prison jumpsuit...

✷

In September, 1993, chili enthusiasts continued their quest to have chili con carne named the "America's Official Food" with a 23-city "Chili Across America" tour featuring a motorized stagecoach with a 300-pound copper chili pot on top...

✷

The world's largest ristra—more than 30 feet long—was draped from the courthouse roof to celebrate the Chile and Cheese Festival this past October 2nd in Roswell, New Mexico...

✷

A similarly large ristra was fashioned in 1986 by New Mexico State University students—it weighed a half-ton...

✷

A French brewery has introduced an expensive, non-alcoholic beer—for dogs!

The Chiles' Fiery Flavors

Chef Mark Miller of the Coyote Cafe in Santa Fe has assembled a list of forty-one "Chile Flavor Descriptors," which are divided into the categories of "fruity" and "other" flavors. The fruity flavors included citrusy (particularly orange and lemon), which would apply most varieties of habaneros and some of the yellow South American *ajís*, and the raisin flavor, which is the everpresent aroma of the anchos and pasillas. Other fruity descriptors were black cherry, fig, mango, and melon. In the other flavors category, Miller lists chocolate, tobacco, tannic, soapy, green tea, and—how ironic—black pepper.

Unfortunately, the science of chile flavors is still in its infancy, and most of the hundreds of chile varieties have not yet been matched to their flavor descriptors. However, chile chefs on the edge will certainly do more research into this important facet of chile flavor. Readers are invited to respond with their suggestions of the flavor descriptors of their favorite chiles.

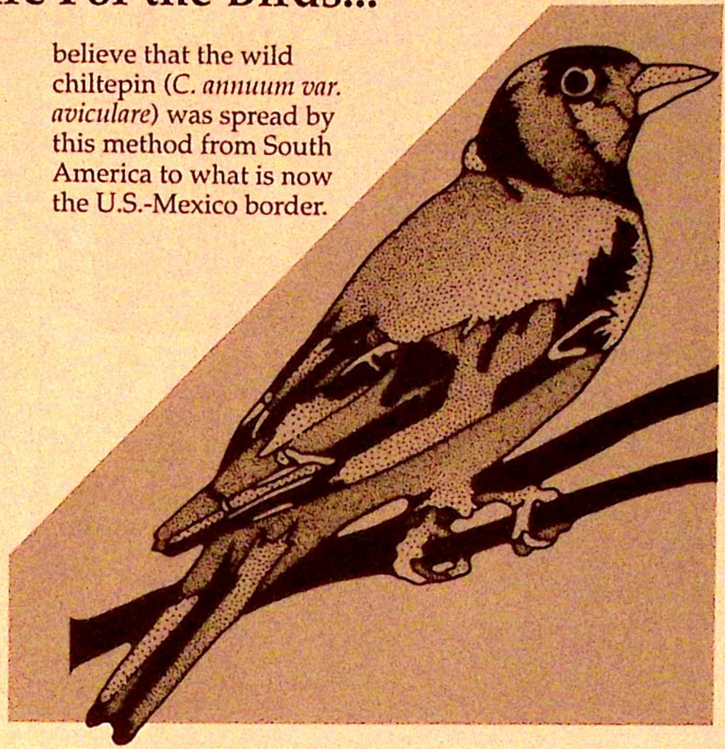
"Hmmm, full-bodied, overtones of sage and field mouse, with a distinctive juniper berry finish..."

HOT FLASHES

Hot Peppers Are For the Birds...

Did capsaicin evolve to protect chile peppers from mammalian predators? That's the theory of Dr. Michael Nee of the New York Botanical Garden. Scientists have long speculated that plants produce secondary metabolites, chemicals that are not required for the primary life support of the plant. These metabolites fight off animal predators and perhaps even competing plant species.

In the journal *HerbalGram*, Nee speculates that the capsaicin in chiles may be such a metabolite. It prevents animals from eating the chiles so that they can be consumed by fruit-eating birds who specialize in red fruits with small seeds. Mammals perceive a burning sensation from capsaicin but birds do not. The seeds pass through the birds' digestive tract intact and encased in a perfect natural fertilizer. Experts believe that the wild chiltepin (*C. annuum var. aviculare*) was spread by this method from South America to what is now the U.S.-Mexico border.



...But Not For the Squirrels

One of the most perplexing problems facing suburbanites these days is keeping squirrels out of their bird feeders. Numerous feeders have been invented that are supposedly squirrel-proof, but the the clever squirrels defeat them all. Even a book has been written on the subject!

But now a Maryland company is marketing a product called "Squirrel-Away," which repels the rodents. "Squirrels will fly off the feeder," says their literature, "shaking their heads in disbelief as they head for the nearest bird bath."

The "mystery ingredient" in Squirrel-Away is habanero chile powder, which is mixed with the bird seed. The product is manufactured by Amercian Wild Bird Company, 591 Hungerford Drive, Rockville, MD 20850, but any hot chile powder will work—until the squirrels become chileheads, that is!

As an interesting sidebar to these stories, a recent report from the Netherlands tells of Tabasco sauce being mixed with water (one part to 600) and sprayed on crops as a pigeon repellent. Question: were the pigeons repelled by the capsaicin, or by the vinegar?

METRIC EQUIVALENTS CHART

Liquid Conversion

1 teaspoon = 5 milliliters
1 tablespoon = 15 milliliters
1/4 cup = 59 milliliters
1/2 cup = 118 milliliters
1 cup = 237 milliliters
4 cups = 946 milliliters
4 quarts = 3.8 liters

Dry Conversion

1 teaspoon = 5 grams
1 tablespoon = 15 grams
1/4 cup = 57 grams
1/2 cup = 114 grams
1 cup = 227 grams

Weight Conversion

1 ounce = 28 grams
2 ounces = 57 grams
4 ounces = 114 grams
8 ounces = 227 grams
1 pound = 454 grams

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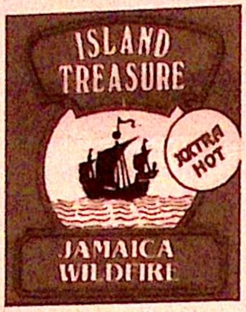

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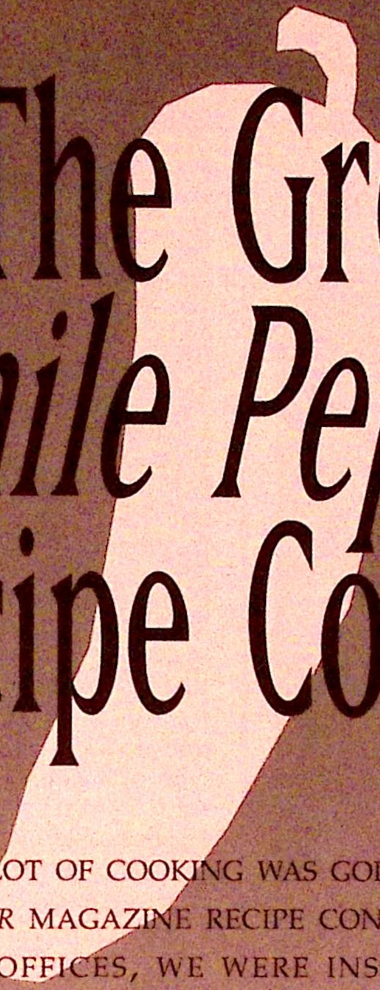
THE HOTTEST SHOW ON EARTH



The Great *Chile Pepper* Recipe Contest

A whole lot of cooking was going on during the *Chile Pepper* magazine recipe contest! Here at the magazine offices, we were inspired and overwhelmed by the quantity and quality of the hundreds of recipes received. Thanks to all of our advertisers and readers for making this contest so successful.

The following is the complete list of the recipe contest winners:

Best of Show:

Heritage Harvest Blue Corn Bread
Jim Creechan
Edmonton, Alberta, Canada

Seven 1st Place Prizes

1. Bouillablaze
Wayne S. Meyer, Indian Trail, NC

2. Cranberry Chili Chutney
Marilou Robinson, Portland, OR

3. Warm Chocolate Pecan Pie
Stella Fong, Poway, CA

4. Red Hot Black and White Pasta Salad
Walt Cannon, Sarasota, FL

5. Southwestern Style Crab Soup
Cynthia Fowler, Annapolis, MD

6. Smokey Lamb & Papaya
Kurt K. Sato, San Pedro, CA

7. Banana Jama Banana Bread
Zindra J. Freeman, Scottsdale, AZ

Continued on page 40.

Criteria For Judging

The Santa Fe School of Cooking served as the test kitchen and judging headquarters for the recipe contest. Janet Mitchell from the school served as head judge on the project. Her experience includes being an culinary teacher at the School of Cooking as well as work as a home economics instructor. She also served on the editorial staff for the cookbook *Home for the Holidays*. In her judging notes she proclaimed, "It was great fun to do the testing and judging—the recipes were difficult to rate as many were excellent!"

The recipes were judged on overall appeal, based on the following categories: flavor, texture, appearance, originality, and utilization of products. The methods and recipe formats were edited for publication as necessary. The featured recipes below are from the top 10 entries.

The Santa Fe School of Cooking

Santa Fe's historic plaza is the home to one of best cooking establishments of the Southwest: the Santa Fe School of Cooking. Since it opened in December, 1989, owner Susan Curtis has provided culinary tips and techniques for students from around the world.

The classes are taught by both staff chefs and guest chefs who include cookbook authors, such as Deborah Madison and Jacqueline Higuera McMahan, or restaurants chefs like Mark Miller and Michael Fennell. Cooking is not the only subject covered in a typical 2½ hour class; lots of information on chiles, area culture and history, and great places to dine and shop are also included.

Classes are held year round for both groups and individuals. For more information, call (505) 983-4511.

Continued on page 40.

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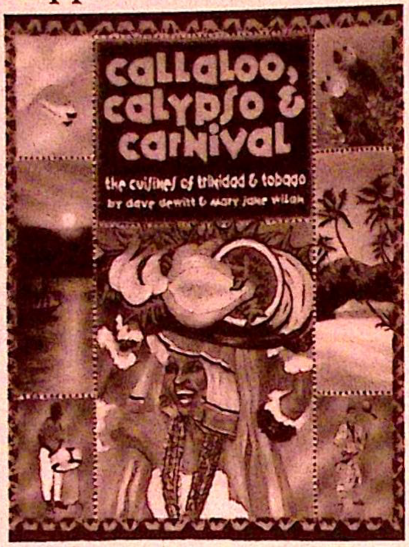


callaloo, calypso & carnival
the cuisines of trinidad & tobago
by dave dewitt & mary jane wilan

Callaloo, Calypso, and Carnival: The Cuisines of Trinidad and Tobago, by Dave DeWitt and Mary Jane Wilan. Freedom, CA: The Crossing Press, 1993. Large-format trade paperback, 112 pages, $10.95. ISBN 0-89594-638-6.

Ever since the Kingston Trio sang "Zombie Jamboree," I've had suspicions that the Caribbean had something special about it. I just never knew where. It took this book to clarify my fuzzy thinking.

This cookbook covers the entire range of T&T cooking, from peasant food to hotel specialties. In this type of Creole cookery, every family will have their own variations, so with a little imagination, you could change the spicy recipes to fit your taste. Just do so while listening to some calypso music. I can almost hear the steel drum band, while mixing up my Shadow Bennie Sauce:

Take a handful of cilantro
And a little lime
Add some oil,
And shake it in time!

The band and the food never stops. You may not get to take a vacation to the islands, but you can stop and eat their cuisine

—Mark Preston

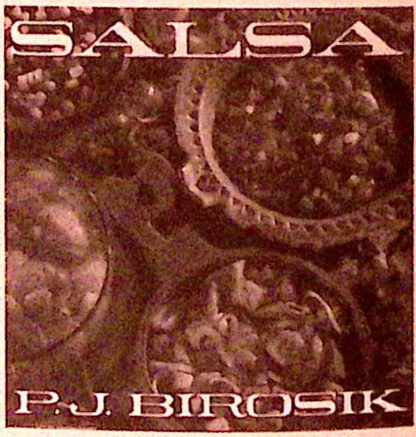
Beyond the 38th Parallel

The Korean Kitchen, by Copeland Marks with Manjo Kim. San Francisco: Chronicle Books, 1993. Trade paperback, 236 pages, $11.95. ISBN 0-8118-0321-X.

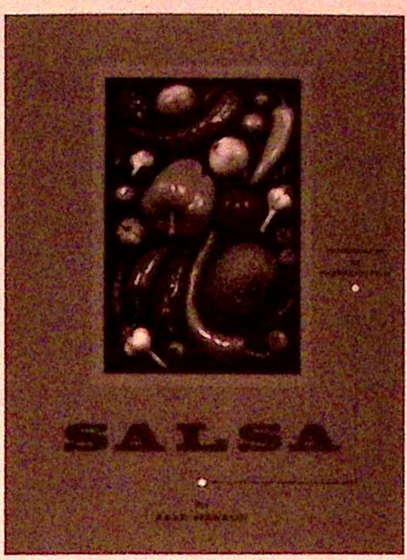
Subtitled "Classic Recipes from the Land of the Morning Calm," this cookbook is the only one currently available on the fiery cuisine of Korea. From the blistering Korean Rice Breakfast, to the numerous pungent versions of *kimchi*, to exotic and flaming main dishes, food historian Copeland Marks (*The Burmese Kitchen* and *False Tongues and Sunday Bread*) reveals a cuisine he describes as "the best kept culinary secret in Asia." Marks also observes: "Koreans have a higher degree of heat tolerance than we do and to enjoy Korean food to its fullest, one must develop a taste for the chile." Our readers already have that tolerance, Copeland!

—Dave DeWitt

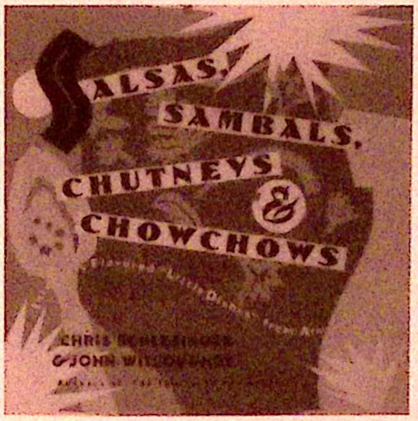
A Surfeit of Salsas? Not!



Salsa, by P.J. Birosik. New York: Collier Books, 1993. Trade paperback, 134 pages, $10.00. ISBN 0-02-041641-5.



Salsa, by Reed Hearon. San Francisco: Chronicle Books, 1993. Hardbound, 84 pages, color photos, $12.95. ISBN 0-8118-0328-7.



Salsa, Sambals, Chutneys & Chowchows, by Chris Schlesinger and John Willoughby. New York: William Morrow, 1993. Hardbound, 155 pages, color photos, $20.00. ISBN 0-688-12337-6.

It may seem like salsa overkill with three books on the subject published in the same year—actually four, with Mark Miller's book soon to come from Ten Speed Press—but in reality, each book has its own charm and niche. The most visually appealing treatment is Reed Hearon's (he owns Cafe Marimba in San Francisco), with its splashy design and his division of salsas into fiery, mild, modern, and dessert. The best bargain is P. J. Birosik's excellent compendium of salsas that she categorizes as uncooked, cooked, combination, and—intriguingly—salsa cocktails. The most complete salsa book is by Chris Schlesinger (an early *CP* contributor) and John Willoughby, which expands the genre to (rightfully) include similar vegetable combinations from around the world. Their book is divided into salsas, chutneys, blatjangs, atjars, sambals, chowchows, piccalillies, relishes, and catsups. All three titles are highly recommended for the hot and spicy cookbook lover.

—Dave DeWitt

Chiles in Color

Chile Pepper Fever: Mine's Hotter Than Yours., by Susan Hazen-Hammond. Stillwater, MN: Voy-ageur Press, 1993. Large format hardback, 128 pages, 100 color photos by Eduardo Fuss, $29.95. ISBN 0-89658-195-0.

Just when you think nothing new can be published about peppers, along comes a book like *Chile Pepper Fever*. First, the photographs. These stunning shots by Eduardo Fuss capture the fire and flavor of chiles in all their splendor—from the garden, in the greenhouse, and into products. No book has ever portrayed so many chiles in color, and chileheads will be in instant heaven. Next, the text. Susan Hazen-Hammond has proven that she can research a subject already covered in depth in several books. Her chapters vividly describe the furor of interest about chiles, and she has detailed coverage of the medicinal and social uses of the pods. This excellent, entertaining book is thoroughly researched and is highly recommended for readers of our magazine.

—Dave DeWitt

For Beer & Chile Lovers

The Official "Cooking Hot and Spicy Food With Beer" Cookbook by Robert Bennett. Nashville, AR: Robert Bennett, 1993. Paperback, 76 pages, $9.95 plus $2.95 shipping. To order, send checks to Robert Bennett, P.O. Box 1631, Nashville, Arkansas 71852. No ISBN.

This self-published book is great fun. Its seventy-six pages are chock full of humor and offer the beer aficionado creative and tasty alternative uses for suds. Chapter titles are charmingly punny, and inside the chicken chapter was one of my favorite recipe titles, "Drunk, Naked, and Jerked Chicken."

Look for a sampling of these recipes in this issue's "Spicy Suds to the Rescue!" article. This will be a fun little book to have around, and it's almost impossible to dislike it since as the author wrote in the letter accompanying the book, "All the money made on this book goes to the Robert is getting married and his future wife who just graduated from college does not have a job yet fund!"

—Melissa T. Stock

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FIERY FARE

PIZZA WITH PIZZAZ!

NATALIE DANFORD

When I was growing up in Massachusetts, I regularly took part in one of the most deeply ingrained teenage rituals of American culture: eating pizza. Few quick take-out meals have reached the status of the simple pizza pie in this country, but after years of downing those big, cheesy disks found in pizza parlors all over the U.S., when I tasted my first Italian pizza, it was a revelation. Individually sized, it had a thin crust that managed to be crisp on the outside but chewy and tender on the inside and toppings that added to that crust rather than overwhelming it. Equally satisfying was the *pizza al taglio* or pizza by the slice, sold wrapped in pieces of rough brown paper and eaten on the street and the *calzoni*, which are really just pizzas folded into half-moon shapes before they are baked. Sometimes an absence of mozzarella or tomato sauce made it possible for other flavors to take precedence.

And what better flavor to complement these more subtle creations than chiles? There are a few traditional Italian pizzas that already use chiles: a *pizza marinara picante* is a simple one with a spicy tomato sauce and only parsley to complement it, and *focaccia* has long been sold sprinkled with crushed, dried chiles on top. Innovation is the key, however, so I set about using traditional Italian pizza as a base for new spicy combinations.

It's helpful—and fun—to use tiles or a baking stone when making pizzas, and a wooden peel for slipping them into the oven is convenient and adds to the enjoyment However, high-quality ingredients remain the most important factor in Italian cooking. The quality of the pizza depends almost entirely on the components making it up. One of the elements of a sublime pizza is *bufala mozzarella*, an Italian mozzarella made of buffalo milk (water buffalo, not bison) that melts to a creamy, smooth consistency. It's a little more costly, but well worth the expenditure. *Bufala mozzarella* is available in most specialty stores, but if you can't find it, the next best solution is mozzarella made in your area. You may want to try several different types, since some places make a saltier or more oily product. The plastic-wrapped white substance available in the supermarket is—in my opinion—useless for making pizza or anything else edible.

A higher grade of tomatoes are also available in Italy, but this problem has a simpler solution. Fresh tomatoes rather than tomato sauce topped some of the best pizzas I've ever eaten, but unless it's summer and you can find vine-ripened specimens, you may want to rely on canned products. I choose canned strained tomatoes and again, I find the Italian brands superior to the American ones, but you will certainly already have your own preference. If you're truly industrious and get a good tomato harvest in summer, you can try bottling some yourself. It will certainly give you a lift out of tomato season.

Of course, finding high-quality chiles is equally important. While the chile pepper has a place in certain Italian dishes, not all of these pizza recipes are tremendously authentic. Italians tend to use their chiles dried and crushed, but I've taken the liberty of adding fresh ones as well. Some of these pizzas are spiced-up old standards, and some come completely out of my own imagination. While it is true that an excellent pizza relies on high-quality ingredients, high-quality leftovers will do very nicely as well, so don't be afraid to substitute. By combining Yankee ingenuity and Italian techniques, I have married not only two cultures, but the most tasty and appealing parts of two cuisines.

PIZZA DOUGH

This dough is amazingly fail-safe, so don't worry too much about reaching the right consistency. It should be tender, but not so sticky that you can't work with it. It makes one 14-inch or two 10-inch pizzas. You can also let it rise and then wrap it in oiled plastic wrap and refrigerate it; just remember to bring it back to room temperature before rolling it out. The hot water counteracts the coldness of the milk and because the liquid must be lukewarm, using this combination eliminates the need to warm the milk before using.

½ cup milk
½ cup hot water
1 package active dry yeast
2 tablespoons olive oil, extra virgin preferred
2 cups flour
1 teaspoon salt

Combine the milk with ½ cup hot water in a large bowl and stir in the yeast. Let stand until foamy, about 5 minutes, then stir in the oil. Add the flour and salt and stir well to combine. If dough seems dry, work in water, 1 teaspoon at a time, until the dough can be formed into a ball. If it seems wet, work in 1 teaspoon of flour at a time. Knead on a floured surface until smooth and elastic but still slightly sticky, about 10 minutes. (This can also be prepared in a food processor with a metal blade. Pour the wet ingredients through the feed tube.)

Very lightly oil the inside of another large bowl. Place the dough in the bowl, roll it around to coat on all sides, and cover with a damp dish towel. Let rise until doubled, about 45 minutes.

On a floured surface, roll the dough out into one circle with a diameter of 14 inches or two with diameters of 10 inches. Begin by flattening out the ball of dough with the heel of your hand. Use a floured rolling pin to spread it out further, then place the heel of one hand in the center of the dough and push out while turning the dough a one-quarter turn with the other hand. This stretches the dough out to its final size and creates a slightly thicker crust. Poke it a few times with a fork to stop bubbles from forming when it bakes.

Place the dough on a floured back of a cookie sheet, a pizza tile or stone, or on a lightly oiled pizza pan and continue with recipe of your choice below.

Variation: Spicy Pizza Dough

This is best with a simple but strong topping, otherwise the flavor overpowers.

To the above recipe substitute 2 tablespoons chile-infused olive oil for the olive oil and add 2 tablespoons dried, crushed red chiles, such as pepperoncini or piquin, along with the flour and salt.

PIZZA MARINARA PICANTE

This is an example of the greatness of simple ingredients in Italian cooking; there isn't even any cheese to take away from the spicy tomato flavor. Prepare the sauce while you are waiting for the dough to rise.

1 clove garlic, minced
2 tablespoons dried, crushed red chiles, such as pepperoncini or piquin
1 tablespoon olive oil, extra virgin preferred
1½ cups tomato puree
½ teaspoon salt
1 cup water
½ cup fresh parsley leaves, tightly packed
1 recipe Spicy Pizza Dough (see recipe)

Preheat the oven to 500 degrees.

Sauté the garlic and the chiles in ½ of the olive oil until soft, about 1 minute. Combine the tomato purée with ½ of the salt and 1 cup water. Add to garlic mixture. Bring to a slow simmer and cook uncovered until thickened,

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Pizza with tuna in a black pepper crust and onion.

Chel Beeson. Food & prop styling, Kimberley Loughlin.

about 40 minutes.

Chop the parsley, combine with the remaining salt and oil, and set aside.

Spread the sauce evenly over the pizza using the back of a spoon. Slide the pizza onto the tiles or place pan in oven and bake until crust is brown and crisp, about 10 minutes.

Remove from the oven, sprinkle with the parsley mixture, and serve.

Serves: 2 to 4
Heat Scale: Mild

SEAFOOD PIZZA

This pizza brings to mind the flavors of *brodetto*, a spicy fish stew typical of the area along the Adriatic. The ingredients for the topping are only guidelines; use whatever shellfish is freshest near you.

2 cloves garlic, minced
2 tablespoons dried, crushed red chiles, such as pepperoncini or piquin
1 tablespoon olive oil, extra virgin preferred
1½ cups tomato puree
½ teaspoon salt
1 cup water
2 dried red chiles, such as serranos or japones, stems removed
12 mussels
12 small clams
¼ cup dry white wine
¼ pound small shrimp
¼ pound small scallops
2 cleaned squid bodies, cut into rings
1 tablespoon chopped fresh parsley leaves
1 recipe Pizza Dough (see recipe)
½ cup diced mozzarella

Preheat the oven to 500 degrees.

Saute ½ the garlic and the crushed chiles in ½ of the oil until soft, about 1 minute. Combine the tomato puree with ½ of the salt, 1 cup water, and add to the garlic mixture. Simmer the sauce, uncovered, until thickened,

Continued on page 38..

A Taste of

Yucatán

NANCY AND JEFF GERLACH, PHOTOS BY JEFF GERLACH

We love to travel, and we're particularly fond of Mexico, which offers an incredible variety of scenery, a multitude of new cultures, and perhaps the most interesting and diverse cuisine in the world. Although we've been traveling south of the border for more than twenty-five years, we only got introduced to Yucatán a bit over ten years ago. Our first trip was a snorkeling and diving vacation, and that was all it took to fall in love with that wonderful, magical place.

Over the years, we found ourselves traveling there as often as we could, only to plan a return trip soon after arriving back home. Ever since that first visit, we have felt drawn back to the area, and with every trip, we feel as though we leave a little bit of ourselves there when we have to return home. We openly admit to being hooked on Yucatán!

Of course, we think there's a lot to like: the weather is just about perfect, the forests and jungles are as vast and dense as they are mysterious, the Mayan ruins are both extraordinary and enigmatic, the palm-lined beaches are heart-wrenchingly beautiful, the turqouise sea is warm, crystal clear, and full of spectacular life, and the people are some of the happiest and friendliest we've ever met. On top of all that, the cuisine is unusual, imaginative, and utterly delicious.

Photo at left: Mayan ruins at Uxmal.
Above: Vegetable sellers, Merida Central Market.

Twelve hundred years ago, the Mayan civilization reached its peak in the Yucatán Peninsula. Because it was physically isolated for so long due to impenetrable jungles and forests on its southern border, and also because it's just so far from other parts of Mexico, the area has remained Mayan in character since that time, and many features of the culture remain unchanged, including language, dress, housing, and especially, food. Certainly, many typical Mexican dishes are popular in Yucatán, but that does not diminish the fact that a rich, distinct, and varied cuisine does exist that is unique to the area.

The early Maya were actually quite fortunate in the variety of local foods that were available, which included corn, pumpkins, chiles, tomatoes, avocados, beans, wild game, seafood of every variety, and spices such as annatto seed, cilantro, and cacao beans. All of these foods are still prominent in marketplaces and on restaurant menus throughout Yucatán.

The most important food for the early Maya was corn, which is native to central Mexico. Research has determined that early inhabitants of that area were domesticating corn as early as 5000 B.C. It has also been estimated that corn accounted for up to sixty percent of the daily diet of the ancient Maya. They worshipped a Corn Goddess (among many others) and repeatedly included images of corn in their stone carvings and decorations.

Corn remains the basic ingredient in the cuisine of today and is served in one form or another at virtually every meal, or even between meals as *antojitos*, or "little whims," which are snacks that are usually eaten with the fingers and are nearly all based on corn. Generally they consist of a filling or two enclosed by tortillas or *masa* and take the form of small enchiladas, tamales, or tostadas. We think that *antojitos* are some of the tastiest foods in Yucatán, and we often make a meal of two or three different plates of them. Some of the most delicious were those we found in the local markets, and the prices just couldn't be beat. We usually just looked for the most crowded stall and shouldered our way in; after all, the locals certainly knew where the best food could be found!

One thing you can always count on when eating in Mexico is that there will be a bowl of salsa or bottle of hot sauce available. In our travels, we sometimes have to ask for silverware or napkins, but rarely ever do we ever have to ask for salsa. This is equally true in Yucatán, which is home to a number of unique salsas and sauces. Most fresh table salsas in Yucatán are made with the delicious, but incendiary habanero chile, which is the hottest chile ever measured. It is definitely the chile of choice in the area, as can be seen not only from the large number of both salsas and sauces that are made from it, but also from the enormous number for sale in every market in the peninsula. Another popular chile is the *xcatic*, which is a long, hot yellow variety that is unique to Yucatán. It is used almost entirely for salsas and sauces and is unknown outside the area.

An extremely popular and surprising salsa ingredient, although certainly not unique, is the red radish. Markets in Yucatán are full of big, beautiful, hot red radishes, and although their use in salsas now seems logical (why didn't we ever think of that?), we did a double take the first time we saw them in a hot salsa.

The most famous seasonings from Yucatán are the *recados*, or seasoning pastes which are made from spices and herbs such as cinnamon, allspice, black pepper, oregano, cumin, black peppercorns, annatto seeds, and cloves, along with chiles and garlic. These unique pastes were developed by the Maya long before the arrival of the Spaniards and are the basis for some of the most popular dishes in Yucatán, including Pollo Pibil and Cochinita Pibil.

Another prominent ingredient in the cuisine is poultry; just a glance at a menu from any Yucatecan restaurant that features regional food will show that at least half of the meals offered will feature poultry. Turkey is favored over chicken for historical reasons, although the two have become interchangeable to some extent. Both turkeys and pheasants are indigenous to Yucatán, and both were highly prized by the ancient Maya, who created many appealing recipes for them. However, since turkeys were easily domesticated, they have become far more numerous and more popular than pheasant, which is now considered a delicacy.

Driving through rural areas in Yucatán is another way to see just how important poultry is because every home has a flock of chickens, and most have at least one turkey. Because they are free ranging, they tend to be tougher but more flavorful than those raised in confinement. This is also true for wild turkeys and is why most of the cooking methods for poultry involve a moist heat, including poaching, simmering, and steaming. Some of those birds are probably a bit chewy by the time they get caught, and slow cooking in a moist heat helps to make them more palatable.

The best place to learn about local foods is the neighborhood or town market. One of our favorite markets in Yucatán is in the once-walled, seaport city of Campeche. Not only is the market quite large with an amazing selection of foods, but it is also the cleanest market we've ever seen in Mexico. Divided into traditional sections for vegetables and fruits, poultry, meat, and fish, it was a visual treat that was greatly enhanced by the lack of offensive smells.

The fruit and vegetable displays were especially attractive with precise little pyramids or huge piles of bright green and orange habanero chiles, alongside colorful displays of serrano, poblano, *xcatic*, and dulce chiles. Next door might be a stack of huge avocados, each the size of a cantaloupe, while right across the way was a stall with an incredible array of bright orange, watermelon-sized papayas. Many different stalls displayed piles of citrus, mounds of tomatoes and onions, stacks of carrots, cucumbers, and lettuce, or crates full of potatoes. Huge stalks of ripening bananas were on display everywhere.

There were also stalls selling fresh and dried herbs and spices (some of which we could actually identify), many vendors with rice and dried legumes, as well as the ladies selling tortilla masa or prepared

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recados. Even the fish market was clean, with a wide variety of healthy looking, fresh fish neatly displayed on practical, tiled counters. Since the air was breathable, it was obvious that the area was scrubbed on a daily basis.

We really liked the fact that everyone, from the young lady with a couple dozen chiles arranged on the side of a wooden crate, to the family with the long stall filled with citrus, took great pride in arranging and displaying their products. In addition, most of the ladies selling in the market were dressed in colorfully embroidered, sparkling white *huipiles*, which made the whole market scene a riot of bright color that was unforgettable. That memory also tends to make shopping in our stateside supermarket truly boring.

Although we feel that all the unique and delicious food of Yucatán is enough to justify planning another visit, the area has so much more to offer that we find it difficult to give serious consideration to other vacation spots. And we find that we are not the only ones to feel that way, since we've never met anyone who didn't really enjoy their trip to Yucatán. So we find ourselves looking at our slides again, studying maps, and reminiscing about memorable meals. Obviously it's time for us to start trying to figure out how and when we can get back down to the land of the Maya.

Nancy and Jeff are coauthors of the forthcoming book, Foods of the Maya: A Taste of Yucatán, *to be published by The Crossing Press in early 1994.*

PAPADZUL

Enchiladas stuffed with Hard Cooked Eggs

Very unique to Yucatán, these enchiladas are traditionally served garnished with a green oil that is squeezed from toasted pumpkin seeds. This is a very old recipe, and it was reputed to have been served by the Maya to the Spaniards when they arrived in the new world, which is possible since the name means "food of the lords."

2 large tomatoes, peeled and chopped
1 habanero chile, stems and seeds removed or substitute 2 jalapeño or 3 serrano chiles
2 leaves fresh or 1 tablespoon dried epazote*
2 cups chicken broth
1 small onion, chopped
2 tablespoons vegetable oil
1 cup toasted pumpkin seeds, finely ground
8 corn tortillas
6 hard cooked eggs, peeled and chopped

Combine the tomatoes, chiles, epazote, and broth in a pan. Bring to a boil and cook for 5 minutes. Remove and strain, saving both the tomatoes and the broth.

Saute the onion in ½ of the oil until softened and add to the tomato mixture in a blender or food processor and puree until smooth. Saute this sauce in the remaining oil for 5 minutes.

Heat the strained tomato broth and slowly stir in the seeds. Simmer until the mixture thickens and is the consistency of thick cream, stirring constantly. Be careful the sauce does not boil or it may curdle.

Dip the tortillas in the warm pumpkin seed sauce to coat and

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soften. Place some of the chopped eggs in the center, roll-up, and place on a platter. Pour the remaining pumpkin seed sauce over the top and serve.

Serves: 4
Heat Scale: Medium

*Available in Latin markets or through mail-order sources.

SALPICÓN

The first time we were served this salsa of "little pieces" we were surprised by the use of radishes, which added not only flavor, but an interesting texture to the salsa. For variety, add some diced tomatoes or avocados.

2 habanero chiles, stems and seeds removed, diced or substitute 2 jalapeño or 3 serrano chiles
1 large red onion, diced
8 to 10 radishes, thickly sliced
3 tablespoons bitter orange juice (see recipe) or substitute 3 tablespoons lime juice, fresh preferred
3 tablespoons chopped fresh cilantro

Combine all the ingredients, except the cilantro, and allow to sit for an hour to blend the flavors. Toss with the cilantro and serve.

Yield: ½ cup
Heat Scale: Medium

RECADO ROJO

Red Seasoning Paste

This is the most popular of all the different *recados* and is very typical of Yucatán. It is used to add both flavor and color to foods, and is most commonly used for *pibils*. The red color comes from the annatto seeds, which also add a unique flavor to this tasty paste. Available commercially as Achiote Paste, Recado Rojo is far better when prepared at home.

4 tablespoons ground annatto seeds*
1 tablespoon dry oregano, Mexican preferred
10 whole black peppercorns
½ teaspoon salt
1 1-inch stick cinnamon
4 whole cloves
2 whole allspice berries
½ teaspoon cumin seeds
3 cloves garlic, chopped
3 tablespoons distilled white vinegar

Place the annatto, oregano, peppercorns, salt, cinnamon, cloves, allspice, and cumin in a spice or coffee grinder and process to a fine powder. Add the remaining ingredients and grind to a thick paste, adding a little water if mixture is too thick.

Allow to sit for an hour or overnight to blend the flavors.

Yield: ½ cup

*Available in Latin markets or through mail-order sources.

COCHINITA PIBIL

Pork Cooked in the Pibil Method

This pre-Columbian dish is probably the best known food of the Maya. It is also one of the most popular entrees in Yucatán and is on virtually every menu. The Maya used wild boar for this dish until the Spanish introduced domesticated pigs. This dish is traditionally served with warmed corn tortillas, black beans, and Cebolla Encuridas (marinated onions), and an habanero salsa.

10 whole black peppercorns
¼ teaspoon cumin seeds
5 cloves garlic
3 tablespoons Recado Rojo (see recipe) or substitute achiote paste
1 teaspoon dried oregano, Mexican preferred
2 bay leaves
⅓ cup bitter orange juice (see recipe) or substitute ⅓ cup lime juice, fresh preferred
2 pounds lean pork, cut in 1½ or 2-inch cubes
Banana leaves* or aluminum foil
3 xcatic chiles, stems and seeds removed, cut in strips or substitute banana or guero chiles
1 large purple onion, sliced

Place the peppercorns and cumin seeds in a spice or coffee grinder and process to a fine powder. Add the garlic and continue to grind.

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At left: tortilla "mini-factory", Ticul market.
Below: Street scene and sea gate, Campeche.

Combine the spice mixture, *recado*, oregano, bay leaves, and orange juice. Pour the marinade over the pork and marinate for 3 hours or overnight.

Cut the banana leaves in pieces to fit a roasting pan. Soften the leaves by passing them over a gas flame or holding over an electric burner for several seconds until leaves begin to turn light green. Remove the center ribs from the leaves and use for tying. Lay a couple of strings (long enough to tie around the pork) along the bottom of the pan. Line the pan with the banana leaves or foil.

Place the pork, including the marinade, on the leaves and top with the chiles and onion. Fold the banana leaves over and tie with the strings. Cover the pan and bake in a 325 degree oven for 1½-hours.

Serves: 4 to 6

Heat Scale: Mild

Note: This recipe requires advance preparation.

*Available in Latin or Asian markets.

PAVO EN FRIO

Cold Spiced Turkey

While it may seem a little bizarre to boil or poach a turkey (it certainly did to us!), we have to admit that the results are well worth the effort. Although this recipe looks and sounds complicated, it really isn't. Serve sliced as a cold appetizer or entree; it also makes great sandwiches. A little habanero sauce on top completes the dish!

1 4-pound turkey breast
3 ounces ham, cut into strips
1 tablespoon whole black peppercorns
4 cloves garlic, slivered
1 tablespoon ground cinnamon
1 tablespoon ground nutmeg
1 tablespoon ground cloves
2 teaspoons ground allspice
Cheesecloth
1 small onion, quartered
4 cloves garlic
2 bay leaves
2 cups dry white wine
2 oranges, sectioned
½ cup bitter orange juice (see recipe) or substitute ½ cup lime juice, fresh preferred
2 tablespoons distilled white vinegar

Sauce:

½ cup olive oil
¼ cup red wine vinegar

Make deep slits in the turkey with a knife and insert the ham, peppercorns, and slivers of garlic. Combine the cinnamon, nutmeg, cloves, and allspice and rub the outside of the turkey with the mixture and let sit, at room temperature for ½ hour. Wrap the turkey with a double thickness of cheesecloth and securely tie.

Place the turkey in a large pot, add the onion, the garlic, bay leaf, and enough water to cover by an inch. Bring to a boil, reduce the heat, cover, and lightly simmer for an hour. Remove and strain the stock.

Return the turkey to the pot, add 4 cups of the reserved stock, wine, orange sections, orange juice, and white vinegar. Cover and cook over medium heat for another hour or until the turkey is tender.

Remove the turkey and let cool at room temperature for 30 minutes or until completely cooled. Remove the cheesecloth and skin.

Strain the stock and measure out 1 cup. Whisk with the oil and vinegar to make a dressing and serve on the side.

Serves: 8 to 10

Continued on page 37

Puebla

An Encounter with Mexico's Culinary History

James W. Peyton

For anyone with a serious interest in Mexican cooking, the first visit to Puebla produces exhilaration; for the true aficionado, it produces a feeling akin to the reverence of a Catholic's initial journey to the Vatican. This city is so blessed with great cooks that if any place has the right to be called the birthplace of Mexican cooking, it is Puebla.

Founded in 1531 by Franciscan friars and located about seventy miles east of present-day Mexico City, La Puebla de Los Angeles as it was first named was established to provide for the conquistadors who had not received title to land in and around Mexico City and to protect the Indians from the oppression of unruly Spaniards. Since then, the city's location has enabled it to serve as a way station between the capital and the port of Veracruz and as a military post. (It was here on May 5, 1862 that General Zaragoza defeated a French force of superior numbers and estabished the raison d'etre for the important Cinco de Mayo holiday.)

The fact that Puebla was one of the few major settlements in New Spain not built on the ashes of an Indian city explains the unusually pure colonial architecture. The city's dramatic location on foothills rolling up to meet two huge, snow-capped volcanos and the baroque, stone buildings, heavily decorated with moorish inspired Talavera tile, heighten the impression of being in a place of historical importance.

From a culinary standpoint, Puebla offers a study in the contrasting elements which formed Mexico's cuisine. There are the original Indian dishes of *chapulines* and *gusanos* (fried grasshoppers and maguey worms), dishes with French overtones such as *chiles en nogada* and cream-based enchiladas, and pure Spanish dishes like *bacalao* (salt cod). And the favorite street food in Puebla is *tacos arabes*, whose origin can be traced to North Africa and the Middle East. The French, the Spanish, the Moors, and the Arabs—in short, the major influences on Mexican cooking are well represented in Puebla.

Much of the cooking of Puebla is seasonal in that dishes are prepared only when their ingredients are at optimal freshness. Two of the most noteworthy are *chiles en nogada*, which is served only in July and September; and *mole de espinazo y cadera*, a powerful soup made from the spine and hip bones of goat specially prepared in the abattoirs of Tehuacan, and is served only in October and November.

Probably the best way to understand the importance of Puebla's cooking, and more importantly, to learn its preparation, is to take a brief look at each of its major dishes. And there is no better place to start than with *mole*. Even culinary novices know that Puebla is synonymous with this dish, especially the local version, appropriately trademarked as *mole poblano*. Acccording to legend, this dish was created at Puebla's convent of Santa Rosa in 1681 by one Sister Andrea in honor of Don Manuel Fernandez de Santa Cruz and his guest, Don Antonio de la Cerda y Aragón, Viceroy of New Spain. This incredibly complex offering is arguably Mexico's most famous entree. Unquestionably, it epitomizes the enlightened addition of Spanish ingredients to the original Indian dishes...the process by which most of today's Mexican cuisine was born.

While recipes similar to *mole poblano* were part of the Indian cuisine long before the Spaniards, it took the European ingredients such as sesame seeds, raisins, cloves, cinnamon and lard, combined with the convent sister's cooking skills, to bring the dish to its current form.

Producing a *mole poblano* in the traditional manner is not to be undertaken lightly. However, while the list of ingredients is long and the steps in the process many, a little organization makes the preparation more satisfying than demanding. As with most Mexican dishes, there are probably as many recipes for *mole poblano* as there are cooks who have prepared it. I found over twenty versions in my own cookbook collection, plus two that were given to me verbally in Puebla.

The *mole* recipe presented here is an amalgamation that is about as elaborate as this recipe gets in terms of the number of different ingredients. For example, not all *mole poblanos* call for peanuts, prunes, and tomatoes. One caution regarding the chiles: *mole poblano* is traditionally made with the triumvirate of chiles anchos, pasillas, and mulatos. For most, the mulato will be the most difficult to obtain, but try to do so as it is the most important of all, having the taste and texture that goes so well with the chocolate that finishes the dish.

While the original recipe for *mole poblano* uses turkey, I have specified chicken. I find chicken more convenient—as do the people of Puebla since it is just as often served this way as with turkey. Also, in Puebla, *mole* is often served in enchilada form. Simply shred the cooked chicken, roll it in corn tortillas that have been softened in hot oil and top with the sauce.

In fact, one of the best dishes I have had in Puebla is *enchiladas tres moles*, served at the Fonda de Santa Clara. This dish includes an enchilada of *mole poblano*, one of red *pipian*, and one of green *pipian*. If you have the courage to precede this dish with an order of fried *chapulines* (grasshoppers), you will have experienced something special. (The reason the latter are not nearly as formidable as one might expect is that before being fried, and often flamed in brandy, they are well dried. The effect is very much like an exotic Chinese dish, thankfully devoid of the unpleasant texture that immediately comes to mind).

As if *mole poblano* were not sufficient to ensure Puebla's place in culinary history, *chiles en nogada* was also born there. Invented as were so many other famous Mexican dishes to celebrate a special day, this famous dish of stuffed chiles poblanos (named for Puebla, of course) topped with a sauce of walnut, cream, and cheese is one of the cuisine's premier offerings, prepared to celebrate General Agustin de Iturbide's defeat of the French. Its primary colors of red, green, and white (from pomegranate seeds, the chiles, and cream sauce) reflect those of the Mexican flag. *Chiles en nogada* is always served at room temperature. It is ironic that this dish relies on cream, perhaps the major French contribution to Mexi-can cooking.

As with *mole poblano*, *chiles en nogada* has infinite variations, mostly related to the number and varieties of fruit used in the filling (if any) and the type of cheeses (again, if any) used in the sauce. This notwithstanding, after making *mole poblano, chiles en nogada* is a snap.

There is disagreement as to whether the chiles should be *capeados* (top-ped with an egg batter and fried) or served solely with the cream sauce. While most authorities maintain that *capeado* is the traditional Puebla version, I agree with Diana Kennedy, who maintains the combination of fried chiles and cream sauce is just too much. In fact, when batter-fried, to me, they are too similar to ordinary *chiles rellenos* with a cream sauce. Also, unless you are practiced in making *chiles rellenos*, it is easy to end up with a greasy mess. Without the batter, the dish makes an elegant luncheon or supper that can be prepared well in advance and which is certain to produce raves from even the most sophisticated palate.

Mole Poblano, a dish whose colors reflect those of the Mexican flag.

Chel Beeson. Food & prop styling, Kimberley Loughlin. Props courtesy "A" Store, Albuquerque.

If *mole poblano* is the royalty of Puebla, the *pipians* are important members of the royal family. Translated as "an Indian fricassee or stew," *pipians* are the pre-Hispanic forerunners of the more intricate *moles* with which they share a majority of ingredients and cooking methods. In fact, in Puebla, *pipians* are often referred to as *moles*. Here the green and red versions are the most popular. When you see the recipes for these ancient dishes, it is easy to envision the steps that led the creation of more extravagant and complex *moles*.

Almost everywhere in Mexico, *enchiladas verdes* refers to enchiladas made with a sauce whose main ingredient is the tomate verde or tomatillo, but not in Puebla. Here the dish approaches celestial heights without so much as a single tomatillo. An added advantage is that the dish is one of the easiest of any of the world's cuisines to prepare. Made from an obviously French inspired cream base, this dish is the perfect offering for guests who claim that Mexican cooking lacks subtlety. I have found it a perfect introduction to Mexican cooking for Europeans. So what if its mostly cream—save it for special occasions!

The above are a few of the dishes that have made Puebla a culinary icon. One cannot but reflect on how remarkable it is that so many of Mexico's premier dishes originated in this one place! Unfor-tunately, we have visited but a few of this remarkable city's gastronomic high points. Left for further attention are such specialties as, to name just a few: the *gorditas* made with both corn masa and wheat flour; *sopa poblana* (a soup of cheese, squash, corn and avocado); *bacalao* in garlic sauce; *mixiote* (lamb in red chile sauce that is steamed in the membrane of the maguey plant); *chile atole* (a soup of cornmeal, pumpkin flour, epazote and serrano chiles); and the marvelous deserts and dulces of which the *camote*, made with sweet potatoes and various fruits, is revered throughout Mexico.

To savor Puebla's cuisine fully, I heartily recommend a visit. A $3 or $4, two-hour ride from Mexico city on the comfortable ADO bus line will be well repaid. To sample Puebla's specialties you will find the Fonda de Santa Clara, Fonda de San Jose, Hosteria Virrey, and the Bola Roja excellent and inexpensive. Also, a fine place to stay is the Hotel Royalty right on the Zocalo. But do not be persuaded by the low price of their regular rooms; they are far too small, but the mini-suites overlooking the square are full of atmosphere and still a bargain. See you in Puebla!

Jim Peyton is the author of El Norte: The Cuisine of Northern Mexico, *and the recently published* La Cocina de la Frontera: Mexican American Cooking from the Southwest.

MOLE POBLANO

4 boneless skinless chicken breasts, cut in half
2 to 3 tablespoons vegetable oil
Spice Mixture (see recipe)
Chile Paste (see recipe)

- 1 to 2 cups chicken broth
- 1 tablespoon sugar
- 1 ounce Mexican or bittersweet chocolate
- 4 cups chicken or turkey broth, homemade preferred
- 2 to 3 tablespoons sesame seeds for garnish

Heat the oil in a skillet and quickly brown the chicken breasts; remove and keep warm.

Add the chile mixture to the skillet and simmer for 5 minutes. Next add the spice mixture and continue simmering for an additional 5 minutes. Stir in enough broth to produce a sauce that just coats a spoon or is about as thick as a thin milkshake.

Add the sugar and chocolate to the sauce and stir to dissolve. Return the chicken breasts and simmer, uncovered, for 5 to 10 minutes or until just cooked through.

Garnish with the sesame seeds and serve.

Variation: To prepare mole enchiladas, simply wrap shredded chicken in corn tortillas which have been softened in hot oil, top with the sauce and garnish, and heat at 350 degrees for 10 minutes.

Serves: 4

Heat Scale: Mild

Spice Mixture

- 4 fresh tomatillos, husks removed
- 3 tablespoons vegetable oil
- 1 tomato, roasted and peeled
- ½ teaspoon coriander seeds
- ½ teaspoon chile seeds
- 3 tablespoons sesame seeds
- ¼ teaspoon anise
- 2 whole cloves
- ½ inch stick cinnamon
- ¼ teaspoon, whole black peppercorns
- 3 tablespoons pumpkin seeds
- 2 tablespoons peanuts
- 2 tablespoons almonds
- 2 tablespoons raisins
- 3 tablespoons dried, chopped prunes
- 1 3-inch piece plantain, or substitute a banana
- ½ corn tortilla
- ½ piece white bread
- 1 to 2 cups chicken broth, homemade preferred

Fry the tomatillo in a tablespoon of the oil until just soft, about 5

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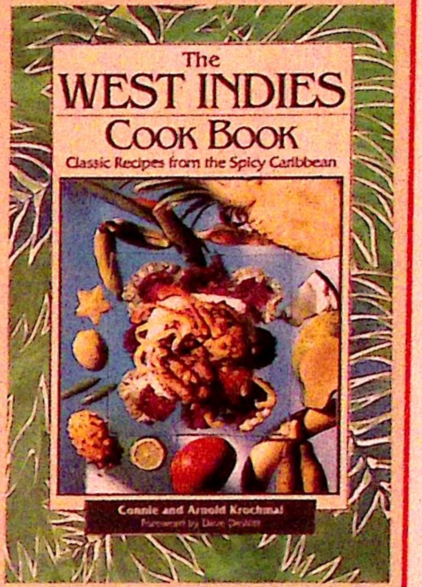
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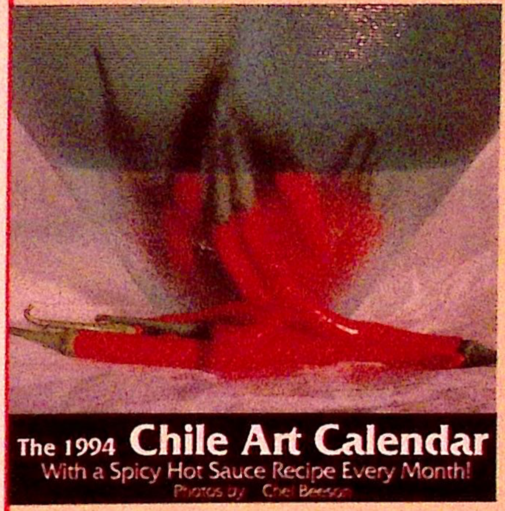
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minutes, drain and place in a blender. Add the tomatoes.

Toast the seeds, anise, cloves, cinnamon, and peppercorns in a heavy skillet over a low heat, stirring constantly until the sesame seeds just begin to brown—about 3 to 5 minutes. Allow the seeds to cool and place in a coffee or spice grinder and grind until a fine powder. Add to the tomatillos and tomatoes.

Fry the pumpkin seeds in a tablespoon of oil until they puff up. Be careful, as they will pop and spatter as they brown. Drain and add to the blender.

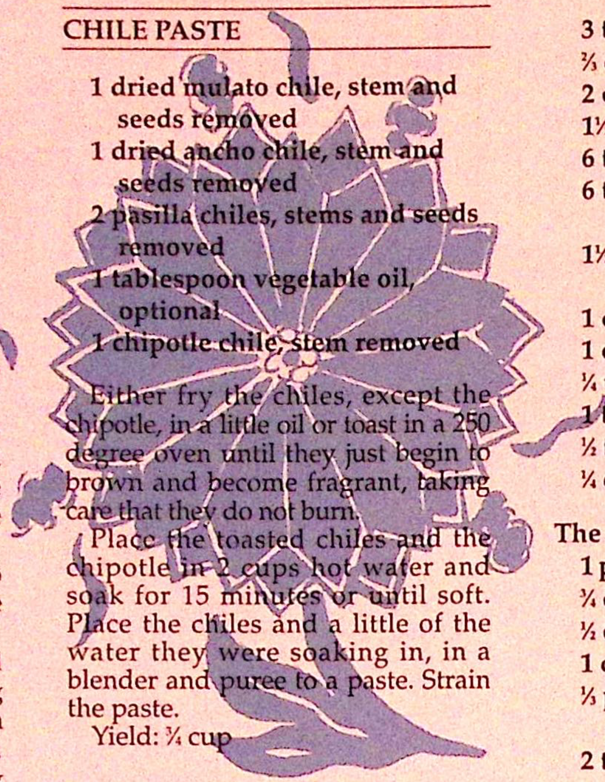
Fry the nuts, raisins, and prunes in a tablespoon of oil for about 2 minutes or until the raisins are puffed. Remove and add to the blender.

Fry the plantain until it begins to brown. Remove and add to the blender.

Finally, fry the tortilla and bread until the tortilla is softened, adding more oil if necessary. Remove, drain and coarsely chop. Add to the blender.

Blend the spice mixture, adding just enough chicken broth to make a thick paste. Remove the paste to a bowl.

Yield: 2 to 3 cups



CHILE PASTE

1 dried mulato chile, stem and seeds removed
1 dried ancho chile, stem and seeds removed
2 pasilla chiles, stems and seeds removed
1 tablespoon vegetable oil, optional
1 chipotle chile, stem removed

Either fry the chiles, except the chipotle, in a little oil or toast in a 250 degree oven until they just begin to brown and become fragrant, taking care that they do not burn.

Place the toasted chiles and the chipotle in 2 cups hot water and soak for 15 minutes or until soft. Place the chiles and a little of the water they were soaking in, in a blender and puree to a paste. Strain the paste.

Yield: ¾ cup

CHILES EN NOGADA

The Chiles:

8 poblano chiles, roasted and peeled
3 tablespoons vegetable oil
⅔ cup minced onion
2 cloves garlic, minced
1½ pounds lean ground pork
6 tablespoons raisins
6 tablespoons blanched, slivered almonds
1½ pounds tomatoes, peeled, and chopped, seeds removed
1 cup chopped peaches
1 cup chopped pear or apple
¼ teaspoon ground cinnamon
1 teaspoon salt
½ teaspoon ground black pepper
¼ cup dry sherry

The Sauce (*Nogada*):

1 piece white bread, crust removed
¾ cup milk
½ cup chopped walnuts
1 cup heavy cream
⅓ pound Monterey Jack cheese, grated
2 tablespoons softened cream cheese
½ teaspoon ground cinnamon
2 teaspoons sugar

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The Garnish:
Seeds from 1 pomegranate
2 tablespoons freshly chopped parsley

Make a slit in one side of each chile and carefully remove the seeds.

Make the filling by heating the oil in a heavy skillet. Add the onion and garlic and cook until just soft. Brown the pork and pour off any excess oil. Combine with the onion mixture and add the remaining ingredients except the sherry.

Reduce the heat and simmer, stirring frequently, until most of the liquid has evaporated, about 15 minutes. Stir in the sherry and continue cooking for 5 more minutes.

Fill each chile with about ¼ cup of the filling, and place 2 on each of 4 serving plates.

To make the sauce, place the bread in ¼ cup of the milk to soak. Place the nuts, the bread, cream, cheeses, cinnamon and sugar in a blender. Blend the mixture until smooth, adding just enough of the reserved milk to make a thick sauce that is about the consistency of a thick milkshake.

Cover the stuffed chiles completely with the sauce and garnish with the pomegranate seeds and parsley. Serve at room temperature.

Serves: 4 (2 chiles each)
Heat Scale: Mild

PIPIAN VERDE

2 boneless skinless chicken breasts, cut in half
Water
1 pound fresh tomatillos, husks removed
2 serrano chiles, stems removed
Water
Vegetable oil
⅓ cup pumpkin seeds
¼ cup blanched, slivered almonds
1 onion, minced
1 clove garlic, minced
1 corn tortilla
¼ cup minced fresh cilantro
1 poblano chile, roasted, peeled, stems and seeds removed, chopped
¾ teaspoon salt or to taste
Vegetable oil

Continued on page 34.

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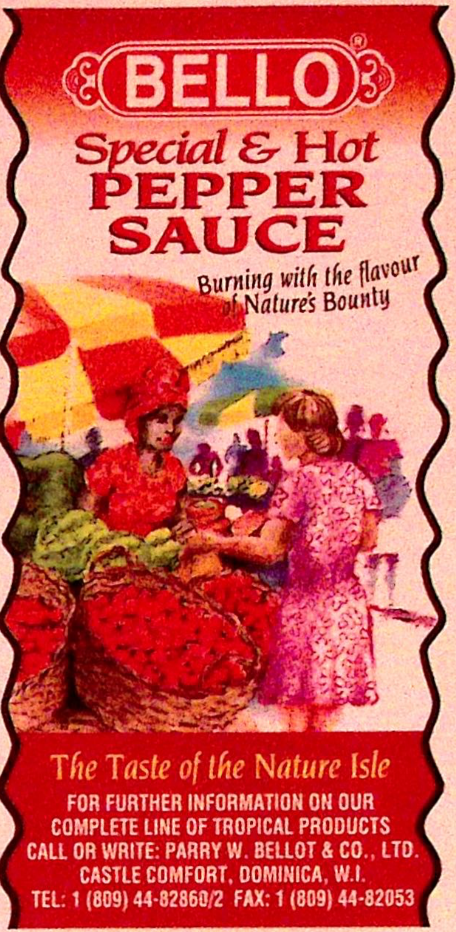

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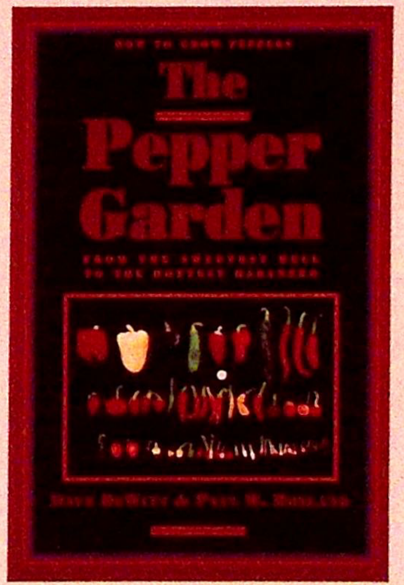

The Pepper Garden is the first book ever published on the art and science of gardening with the Capsicum family. From seed to harvest, it shows both the amateur and experienced gardener how to grow peppers successfully in the garden, in pots, and under lights. Part one of the book is a field guide to varieties of the five domesticated species, complete with photographs and seed sources. Part two is a step-by-step guide from selecting seed to preparing the garden to growing the pods, with complete instructions on such subjects as germinating, fertilizing, mulching, and harvesting. Also included are advanced sections on hydroponics and pepper breeding. The book is loaded with photos and illustrations, plus 16 pages of color chile photos. Dave DeWitt is editor of *Chile Pepper* magazine. Paul W. Bosland is associate professor of horticulture at New Mexico State University.

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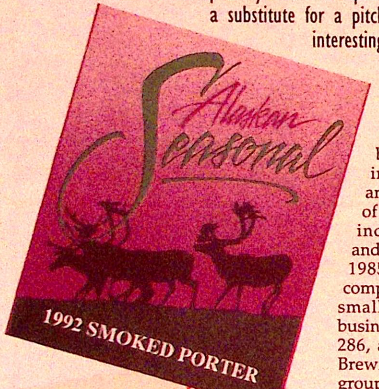
Spicy Suds to the Rescue!

RICK LYKE

The next time you add a little spice to dinner, the bottle you grab doesn't have to be filled with jalapeño sauce or crushed habaneros. Just reach into the refrigerator and pop the cap on one of the growing list of specialty beers with flavorings that range from fiery serrano chiles to mellow alder wood smoke.

While veterans of Jamaican jerk chicken and *chiles rellenos* know that when it comes to relief, a warm hunk of bread gets the job done better than a cold bottle of beer. Many Americans count on their favorite brew to wash away the heat. That's what makes these specialty beers so "special." They are so much more than just a substitute for a pitcher of ice water. These beers add an interesting twist to any lunch or dinner.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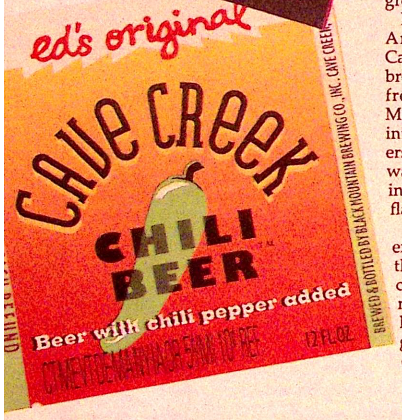
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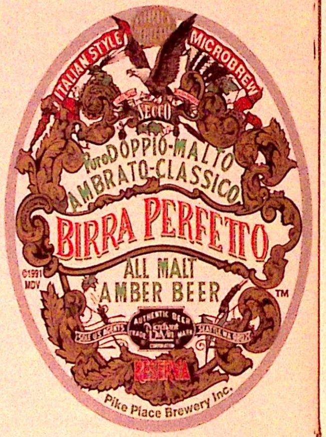
The emergence of flavored beers coincides with an amazing revival of small local breweries in the U.S. and an influx of exotic imports from around the world. After decades of consolidation in the brewing industry, new microbreweries and brewpubs have sprung up. In 1985 only twenty-nine of these companies—which serve relatively small geographic areas—were in business. Last year the number was 286, according to the Institute of Brewing Studies, a Colorado trade group.

From the start, San Francisco's Anchor Brewing, Vermont's Catamount Brewing, and other craft brewers have separated themselves from brands like Budweiser and Miller Lite by packing extra flavor into their bottles. Now some brewers are going beyond the traditional water, barley, hops, and yeast brewing ingredients in search of hot new flavors.

If you are looking for something extra from your next glass of beer, there are—amazingly—five broad categories to choose from. Because many of the brands are sold in limited quantities and small geographic areas—some are available only in the brewpubs where they are made—you may have to do a little hunting. But the extra flavor is worth it!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Hot Beer

"Hot" beer is one of the newest categories in the brewing industry, using various peppers to deliver heat. Your senses will get confused at the first taste because your tongue starts off cold and ends up hot. The best way to describe the sensation you will get from a "hot" brew is that it is similar to a spicy bloody mary, but different. The carbonation in the beer adds some zest and much of the heat is delivered late, mainly in the aftertaste.

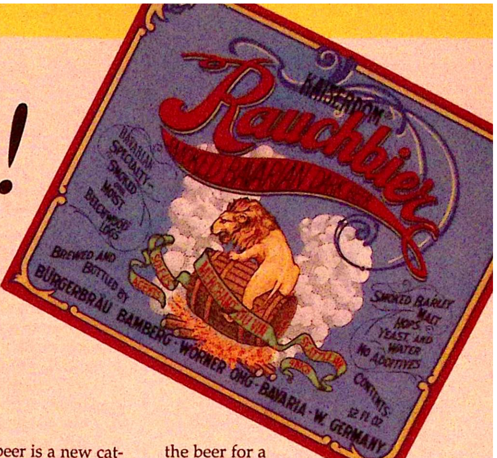
As you might expect, Southwest brewers are at the forefront of this flavor revolution. Examples include Taos Green Chili Beer from tiny Preston Brewing in Embudo, New Mexico, and Sigda's Green Chili Beer from CooperSmith's Pub in Fort Collins, Colorado.

CooperSmith's brewers use New Mexican chiles during the brewing process to impart fire to their beer. Occasionally customers will add an ounce or two of tomato juice to a glass of Sigda's to create bloody mary beer, says Erin Devitt, of the CooperSmith's Pub. In fact, according to Devitt, tempers as well as the beer can flare up. "It's very popular. People get upset if they come in and it's not on because a batch is not quite ready."

Good news. One does not have to jump on a plane to quench their fiery thirst. Chances are, you may still be able to find a fiery beer for tonight's dinner. Two companies with distributor networks that stretch across the United States are bottling hot brews. Black Mountain Brewing is one, and when it comes to delivering heat in a beer, the champion may just be its product, Cave Creek Chili Beer, from outside Phoenix, Arizona. This is the only beer on the face of the earth that should be served with a beer chaser.

Dick Chilleen, general manager of the brewery, credits his brother and president "Crazy Ed" Chilleen (not a bad name for a chile beer producer) with using a serrano in the same fashion that mescal makers use a worm. "Every pepper is put in by hand," says Dick Chilleen. "The spice is all from the pepper. It's hot. Too hot for some people. But a lot of people keep sipping, and then come back for more." Because of the novelty of the floating chili, Cave Creek is now sold in forty-eight states, the United Kingdom, Italy, Switzerland, Mexico, Japan, and several other Pacific Rim countries.

The other hot beer with decent distribution is Cerveza Rosanna Red Chili Ale. Rosanna has slightly more beer flavor than Cave Creek, mixing with the heat from the peppers. The brew is from Pike Place Brewery in Seattle, which is connected to specialty beer giant Merchant Du Vin—the folks who import Samuel Smith from England.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Spicy Beer

While hot beer is a new category, brewers have used spices in beers for hundreds of years. Traditional Christmas beers and winter ales have long had pinches of spice to add a festive touch. Anchor Brewing Company revived the holiday beer tradition in the United States in 1975 with Our Special Ale. Brewery President Fritz Maytag has kept the spices he uses secret and has varied the selection from year to year. Other brewers have followed suit, making the holidays an interesting time of the year for beer lovers.

Ron Page, a Brewer at New England Brewing Company in Norwalk, Connecticut, says the company's Holiday Ale has spices added during the boiling process and during dry hopping to create a style similar to seasonal brewing from India. "We use cheesecloth to suspend the spices in the beer for a couple of weeks. It really adds extra aroma to the beer," Page says. The result is a treat for the senses with hints of nutmeg, cardamom, cinnamon, vanilla, and mace.

You don't have to wait until next Christmas to enjoy a spiced beer. Look for these:

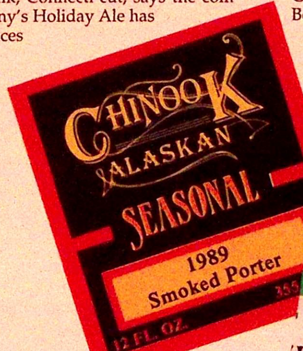
* **Woodruff Ale**, San Andreas Brewing in Holister, California.

***Nutbrown Ale** (carob and honey basil) from Bison Brewing in Berkeley, California.

***Birra Perfetto** with oregano from Pike Place in Seattle, Washington.

***RJ's Ginseng Beer** from R.J. Ginseng (R.J. Corr Natural Beverages) of Chicago.

***Celis White** with ground orange peel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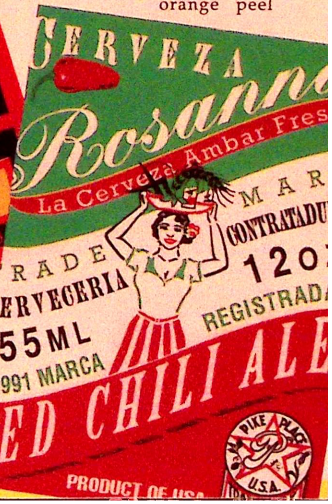
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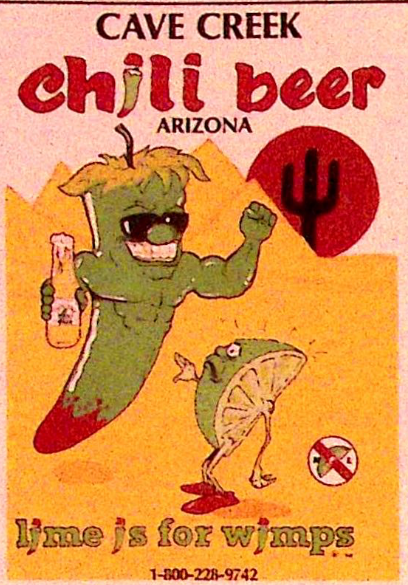

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and coriander seed, from Celis Brewery in Austin, Texas. (Several Belgian "witbiers" (white beers) are spiced to counteract a natural sour flavor.)

Smoked Beer

In Germany, *rauchbier* is a classic style that is made by several companies in and around Bamberg. Kaiserdom Rauchbier can be found in the U.S. around the Midwest and is a fine example of this German tradition. Another German beer that can sometimes be found in the U.S. that has a smokey palate and is definitely worth a try is Rauchenfels Steinbiere, which hails from North Bavaria. This beer is truly unique, with a brewing process aided by stones heated to 1,200 degrees centigrade, which are then immersed in the fermenting beer.

If you want a domestic alternative, you can try Vermont Smoked Porter from the Vermont Pub & Brewery in Burlington or head north to Alaska and try Alaskan Smoked Porter. "We recommend it with a real flavorful cheese or smoked fish," says Marcy Larson of Alaska Brewing Company.

While many brewers do not market their porters and stouts as "smoked" beers, you can detect a rich roasted flavor in many fine brands. The next time you have the chance, try a Guinness Stout, Boulder Porter, or Saranac Black & Tan and think about a rich cup of coffee or piece of dark chocolate as you take your first sip.

Flavored Beers

Brewers have discovered that fruit is just not for pies and to top breakfast cereals. Belgian brewers have long used cherries, raspberries, and other fruits to make traditional lambics. Some nice—and pricey—brands to try include Liefmans, Lindemans, Mort Subite, Boon, and Timmermans. These brews are often suited as an aperitif or a dessert beer.

Brewers in North American have caught the flavor bug in the last few years. Ontario Niagara Falls Brewing Company makes an excellent brand called Maplewheat, which uses a touch of Canadian maple syrup to cut through the acidic wheat beer. The Boston Beer Company offers Samuel Adams Cranberry Lambic as a seasonal offering.

The most unique is Buffalo Bill's Brewpub's Pumpkin Ale. "What really makes it is that the pumpkin comes up in the aftertaste," Says Bill Owens, owner and part-time pumpkin farmer. The brewer uses Atlantic Giant pumpkins "grown at home" for the ale. The 200-300 pound pumpkins are sliced and baked to soften and help ready the sugars and starches for the brewing process. He also sells the seeds to fans of the product. "People don't know what to think until they taste the beer," Owens says. He has been selling pumpkin Ale for six years now, releasing it in September and selling out by Christmas. Originally available only at the brewpub in Hayward, California, the brand now has a wider distribution thanks to a contract brewing arrangement with a Minnesota brewery.

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Hoppy Beer

A brewer need not violate the Reinheitsgebot or German Beer Purity Law of 1516 that says only water, barley, hops and yeast can be used to brew beer in order to get a spicy, aromatic brew. The hop, a climbing vine that produces a cone-shaped flower, is what gives beer its dryness and imparts bitterness to balance flavor. Hops in the hands of a skillful brewer can also add interesting hints of herbs and spices.

There are dozens of hops available to brewers and the amount used and the time at which they are added has a dramatic impact on a beer's flavor. If you want to see what hops can do, try a Sierra Nevada Pale Ale or Fuller's ESB. As long as you don't chill the beer so cold that it numbs your taste buds, you should immediately detect hoppiness.

The beer world has changed a great deal in the last decade. That has been a real plus for beer lovers and people who frankly just expect more flavor in the food and drink they consume. There is nothing wrong with a cold bottle of Busch or Coors Light on a hot day after you have mowed the lawn. However, a steady diet of most American lager-style beers is about as boring to your taste buds as if all you had at each meal was a large portion of plain mashed potatoes.

Live a little and try a beer that you can really taste!

Rick Lyke is freelance writer specializing in beer.

The following recipes are from The Official *"Cooking Hot and Spicy Food with Beer" Cookbook* by Robert Bennett.

BEER BISCUITS WITH HOT BEER CHEESE SPREAD

2½ cups all-purpose flour
2 tablespoons sugar
2 teaspoons ground red chile such as New Mexican or de Arbol
1½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup vegetable shortening
1 tablespoon dry active yeast
2 tablespoons warm water
½ cup beer
½ cup buttermilk
3 tablespoons melted butter or margarine

Sift the flour, sugar, chile, baking powder, baking soda, and salt together in a mixing bowl.

Cut the shortening into the flour mixture with a fork until all of the shortening is mixed in well with the flour (approximately 5 minutes).

Dissolve the yeast into 2 tablespoons of warm water and add to the beer and buttermilk.

Add the beer mixture to the flour and mix thoroughly until all lumps are gone.

Place the dough on a lightly floured surface and roll out ½ inch thick. Using a biscuit or cookie cutter, cut into biscuits.

Brush the melted butter onto each of the biscuits and bake at 400 degrees for approximately 15 minutes, or until lightly browned.

Serve with Hot Beer Cheese Spread (see following recipe).

Yield: 15 to 20 biscuits
Heat Scale: Mild

HOT BEER CHEESE SPREAD

10 ounces sharp cheddar cheese, cut in cubes
1/4 cup beer
2 tablespoons Tabasco Sauce or your favorite hot sauce
1 teaspoon garlic powder

Place all the ingredients in a food processor or blender and puree until the desired consistency is obtained.

Heat Scale: Mild

TAMALE PIE ON TAP

1 tablespoon commercial chili powder
1 teaspoon ground cumin
Juice from ¼ of a lime
2 12-ounce cans of beer
1 pound lean ground beef
2 tablespoons vegetable oil
1 medium onion, chopped
1 clove garlic, minced

Continued on page 39.

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Puebla, continued from page 29.

- **2 teaspoons distilled white vinegar**
- **1 teaspoon sugar**

Cover the chicken with water, bring to a boil, reduce the heat and simmer very slowly until just barely done, about 10 minutes. Remove the chicken and reserve the broth.

Cover the tomatillos and serranos with water, bring to a boil, reduce the heat and simmer for 5 to 10 minutes or until the tomatillos are soft. Drain and place the tomatillos and serranos in a blender and puree for 30 seconds. Strain the mixture and return to the blender.

Heat a tablespoon of oil in a heavy skillet and fry the pumpkin seeds until they puff. Remember to be careful as they will dance about and sometimes spatter hot oil. Remove the seeds, cool, and place in the blender. Repeat with the almonds.

Add more oil, if necessary, and saute the onion and garlic until soft but not browned. Remove, drain and add to the blender.

Add additional oil to the skillet until it reaches half inch and fry the tortilla for a couple of seconds being careful that it doesn't become crisp. Place in the blender along with the cilantro, poblano, and salt. Blend for 30 seconds. Add enough of the chicken broth to make a total of 4 cups and blend for an additional 15 seconds.

Heat 1 to 2 tablespoons of oil and add the sauce. Cook uncovered for 15 to 20 minutes or until the mixture is about the consistency of a thick milkshake. Add the vinegar and sugar.

Return the chicken pieces to the pot with the sauce, heat for 2 to 3 minutes or until the chicken is hot. Serve with rice.

Serves: 4
Heat Scale: Mild

PIPIAN ROJO

- **2 boneless chicken breasts, skinned and cut in half**
- **4 ancho chiles**
- **2 tomatoes, roasted and peeled**
- **3 tablespoons vegetable oil**
- **¼ cup raw peanuts**
- **2 cloves garlic**
- **½ cup chopped onion**
- **1 piece white bread, crust removed**
- **¼ cup sesame seeds**
- **¼ teaspoon ground cinnamon**
- **¾ teaspoon salt or to taste**
- **1 tablespoon distilled white vinegar**
- **½ teaspoon sugar**

Prepare the chicken as for Pipian Verde, reserving the broth.

Toast the anchos by putting them in a 250 degree oven for 10 minutes, watching them carefully for the last 5 minutes to make sure they do not burn. Remove the stems, seeds and veins. Soak the chiles in 1½ cups of the reserved broth for 20 minutes. Add the chiles and the soaking liquid to the blender with the tomatoes and puree until smooth. Strain if necessary.

Heat 1 tablespoon of the oil and saute the peanuts until they are just beginning to brown. Remove, drain and add to the blender.

Saute the garlic and onion until the onion is just soft, adding more oil if necessary.

Add the bread and fry until brown. Remove, drain, and add to the blender. Toast the sesame seeds

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in an ungreased, heavy skillet until they are just browned. Add the seeds, cinnamon, and salt, and blend for 1 minute, adding more broth, if necessary, to keep the machine running. Add enough broth to make 4 cups of sauce in all.

Heat 2 tablespoons of oil, add the puree, and simmer uncovered, until the sauce thickens enough to to coat a large spoon without running off, about 5 to 10 minutes. Stir in the vinegar and sugar.

Return the chicken to the sauce and heat through for 3 to 5 minutes.

Serves: 4

Heat Scale: Mild

ENCHILADAS VERDES

The Sauce:

- **8 poblano chiles, roasted, peeled, stems and seeds removed, chopped**
- **2 cups heavy cream**
- **2 tablespoons butter or margarine**
- **1 teaspoon plus ¼ teaspoon salt**

The Enchiladas:

- **1½ cups cooked chicken breast, shredded**
- **Vegetable oil**
- **12 corn tortillas**
- **½ pound Monterey Jack cheese, grated**

To prepare the sauce, place the chiles in a blender with ½ of the cream and blend just until the chiles are pureed, about 10 seconds. Melt the butter. Add the pureed chiles, the remaining cream, and salt. Bring the mixture to a boil and simmer for 5 to 10 minutes until it is slightly thickened to the consistency of a thin milkshake.

Toss ½ cup of the sauce with the chicken.

Heat about 1 inch of oil until a drop of water spatters immediately. Dip each tortilla for a few seconds or until it just becomes pliable; remove and drain on paper towels.

Place 2 tablespoons of the chicken in each tortilla, roll up, and place three each on four oven-proof serving plates.

Top with the remaining sauce and then the cheese and bake at 350 for 10 minutes.

Serves: 4

Heat Scale: Medium

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Chile Pepper Magazine
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Albuquerque, NM
87108

Yucatán, continued from page 23.

QUESO NAPOLITANO

Flans are Spanish in origin and very popular throughout Mexico. This regional recipe produces a cheesecake-like flan that is firmer than most flans.

⅔ cup sugar
¼ cup water
1 14 ounce can condensed milk
1 12 ounce can evaporated milk
6 eggs
1 tablespoon vanilla
8 ounces cream cheese
Flan pan

Preheat the oven to 350 degrees.

Combine the sugar and water in a heavy saucepan and while heating, stir several times to dissolve the sugar. Bring to a boil, reduce the heat to medium, and simmer while swirling the pan until the sugar turns golden and is caramelized. Immediately pour into the flan mold and tilt so that it covers the bottom of the pan.

Combine the remaining ingredients and beat until smooth. Pour into the mold. Cover the mold with foil.

Place the mold in a pan of water that reaches to within an inch of the top. Put in the center of the oven and bake for 40 to 50 minutes or until a knife inserted in the center comes out clean.

Allow the flan to cool completely before unmolding.

Serves: 12

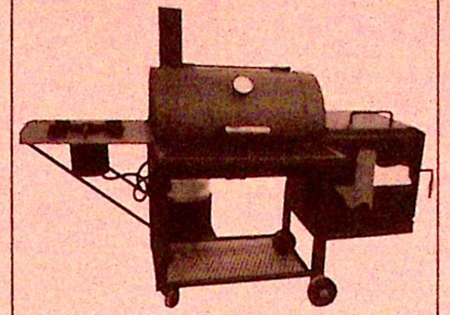
BITTER ORANGE JUICE

The bitter orange is a rough-skinned Yucatecan fruit that tastes more like a grapefruit with a hint of orange than an actual orange. A suitable substitute can be made using the following recipe. We find that using fresh squeezed juices produces the best results.

½ cup grapefruit juice
¼ cup orange juice
3 tablespoons lime juice

Mix all the ingredients in glass bowl and let stand 2 hours. Use within 24 hours.

Yield: ¾ cup



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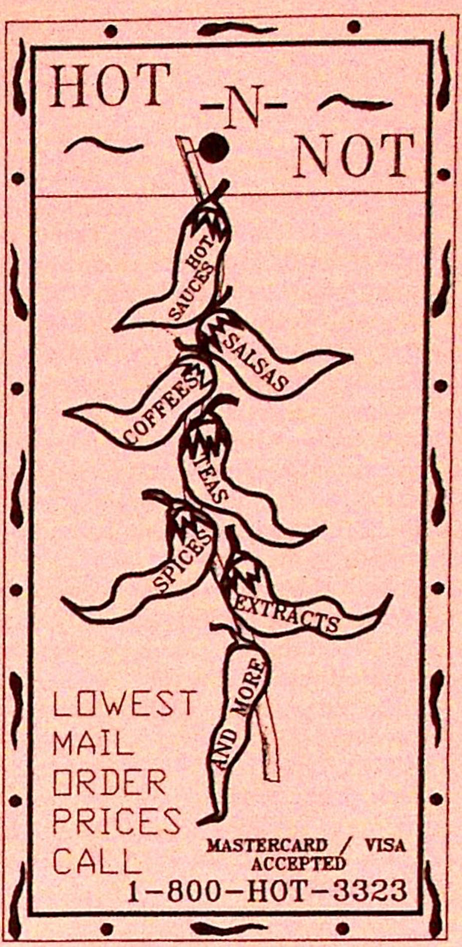

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Fiery Fare, continued from page 17.

about 40 minutes.

Heat the remaining oil in a skillet large enough to hold all the mussels and clams in one layer. Saute the remaining garlic in the oil until soft. Add the mussels and clams, splash the wine over the top, and cook covered over a medium-high heat until the shells open.

Remove the shellfish with a slotted spoon and add the shrimp, scallops, and squid. Cook for 4 minutes, stirring occasionally.

Remove the mussels and clams from their shells and add the meat to the skillet with the shrimp mixture. Cook for an additional minute and remove the pan from heat. Stir in the parsley.

Spread the tomato sauce over the dough with the back of a spoon and sprinkle the mozzarella on top. Remove the seafood from the skillet with a slotted spoon and sprinkle over the cheese.

Bake the pizza for 10 minutes or until the crust is brown and crisp.

Serves: 2 to 4
Heat Scale: Mild

PIZZA WITH TUNA IN A BLACK PEPPER CRUST AND ONION

Just as pizza need not always have cheese, it doesn't always have to have tomatoes either. Serve this one with a glass of white wine and a salad to make an elegant dinner.

1 tablespoon olive oil, extra virgin preferred
3 tablespoons freshly ground black pepper
¼ cup bread crumbs
½ pound tuna steak, about 1½ inches thick
1 cup diced mozzarella cheese
1 recipe Pizza Dough (see recipe)
1 small onion, sliced thinly and separated into rings
1 tablespoon crushed red chiles, such as pepperocini or piquin

Preheat the oven to 500 degrees.

Place the olive oil in one bowl and combine the bread crumbs and black pepper in another. Pat the steak dry and dip it in the olive oil, then into the bread crumb mixture, being careful to coat the ends. Dip it into the oil and then the bread crumbs a second time.

Heat a little olive oil and saute the steak until just browned, about 3 to 4 minutes on each side. The bread crumbs should be brown, but the steak will not be cooked through. Cut into ½-inch thick slices.

Sprinkle the mozzarella over the pizza dough, arrange the tuna slices into a wheel-spoke design (or any attractive pattern) on top, garnish with the onion rings, and sprinkle with the crushed chiles.

Slide onto tiles or place pan on rack and bake until crust is brown and crisp, about 10 minutes.

Serves: 2 to 4
Heat Scale: Mild

BROCCOLI CALZONE

Calzoni were named for trousers because they look like wide pant legs. These emerge puffy and beautiful from the oven, but be careful taking those first bites because the filling is extremely hot.

3 cups broccoli florets
2 plum tomatoes
1 teaspoon ground cayenne, or other ground red chile
½ cup diced mozzarella cheese
1 clove garlic, minced
½ tablespoon olive oil
Salt to taste
1 recipe Pizza Dough (see recipe), rolled out into 2 10-inch circles

Preheat the oven to 500 degrees.

Blanch the broccoli in water for a couple of minutes. Drain.

Dice the tomatoes, sprinkle with the chile, and combine with the broccoli, mozzarella, garlic, and oil. Season to taste with salt.

Arrange half the filling on one side of one of the dough circles, leaving an empty 2-inch border. Fold the dough over the filling and pinch the edges together. If the dough is not sticking together, wet your fingertips and try again.

Poke the top of the calzone a few times with a fork, then slide onto tiles or place in the oven and bake until brown and puffy, about 10 minutes.

Serves: 2 to 4
Heat Scale: Medium

FOCACCIA WITH ONION, GARLIC, AND CHILE PEPPER

Focaccia is another name for the pizza *al taglio* or "by the slice" that Italians wrap in a piece of paper and eat while walking along the street. The focaccia can be a meal on its own or an accompaniment.

1 package dry yeast
¼ cup warm water
2 cups warm water
2 tablespoons olive oil, extra virgin preferred
2 teaspoons salt
5½ cups flour
2 tablespoons chile oil
1 tablespoon dried, crushed red chiles, such as pepperoncini or piquin
2 cloves garlic, minced
1 medium onion, thinly sliced

Sprinkle the yeast over the ¼ cup warm water and let stand until swollen, about 10 minutes. Stir in the 2 cups of water, oil and salt.

Begin adding the flour 1 cup at a time, stirring it in well before adding more. When the dough becomes too stiff to stir, turn it out onto a floured surface and knead in as much flour as necessary to make a stiff but pliable dough. Knead until elastic, about 8 to 10 minutes.

Place the dough in a lightly oiled bowl, turn it over to oil on all sides, cover with a kitchen towel and let rise in a draft-free spot until doubled, about 1 to 1½ hours. This can be made in a food processor: start out using 4 ½ cups flour and add more if it's too runny.

Preheat the oven to 400 degrees.

Place the dough on a floured surface and roll into a 14-inch rectangle which is ¼-inch thick in the center. The rim should be slightly thicker, about ½-inch thick.

Place the dough on a floured back of a cookie sheet if using tiles, or in a lightly oiled cookie sheet. Dimple the dough all over with your fingertips and let it rise 20 minutes.

Combine the chile oil, the crushed chiles, and the garlic in a small bowl. Spread the topping evenly over the focaccia. Sprinkle the onion slices on top and press down on them slightly.

Slide onto tiles or place pan in oven, and spritz the oven with water three times in the first 10 minutes. Bake for 20 to 25 minutes, until the *focaccia* is well-browned on top.

Serves: 4 to 6
Heat Scale: Mild

Spicy Suds, continued from page 33.

1 16-ounce can tomato sauce
1½ cups water
1½ teaspoon salt
1 cup cornmeal
1 cup grated cheddar cheese

Combine the chili powder, cumin, lime juice, and ½ cup of the beer. Set aside. Brown the meat in the vegetable oil, drain, and set aside.

Saute the onion and garlic in the oil over medium heat until the onions are slightly tender or soft. Add the meat, tomato sauce and the beer/spice mixture to the onions. Bring to a low boil, reduce the heat, and simmer uncovered for approximately 15 minutes or until most of the moisture is gone.

Pour 1½ cups of beer and the water into a large pan and bring to a boil.

Mix the cornmeal and salt with the remaining beer and pour into the beer mixture, stirring constantly, until the mixture is thick.

Grease a 10 inch casserole dish and cover the bottom with ½ of the cornmeal mixture.

Pour the meat filling over the bottom layer of the cornmeal mixture and cover with the grated cheese.

Cover with the remaining cornmeal mixture and bake at 375 degrees for approximately 30 minutes or until the top is slightly brown.

Serves: 4 to 6
Heat Scale: Mild

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Recipe contest, continued from page 11.

Seven 2nd Prizes

1. Double Bloody Mary Shrimp
Deanne Pimentel Ottinger, Palm Springs, CA

2. Coco Loco
Lynn Moretti, Oconomowoc, WI

3. Spiked Coconut Burgers With Mango Tango Relish
Karen Martis, Merrillville, IN

4. Rastafarian Goulash
Janice A. Peters, Reading, PA

5. Green Chile Pepper Cake With a Kick
Sandy Szwarc, Albuquerque, NM

6. Hoggie's Ragin' Rajas
Bob Bauer, Upper Marlboro, MA

7. Filet Granada
Roger E. Burgess, Jr., APO AA 34021

Seven 3rd Place Prizes

1. Bowman's Beer Beans
Jewel M. Bowman, San Angelo, TX

2. Voodoo Shrimp and the Gang of Four
Diana Tarasiewicz, Grand Junction, CO

3. Red Hot Rice
June Broussard, San Angelo, TX

4. Green Chile Lasagne
Kathy V. Friedman, Alexandria, VA

5. Everglades Homestead Pudding
Judith A.Z. Toubes
Penbroke, Pines, FL

6. Spicy Szechwan Chicken
Elaine Livengood, Renton, WA

7. Santa Cruz Gravlax With Green Salsa
Ellen Burr, Turo, MA

Top Ten Winning Recipes

HERITAGE HARVEST BLUE CORN BREAD

By Jim Creechan

1½ cups all-purpose flour
1½ cups blue cornmeal
2 tablespoons baking powder
3 teaspoons Tamal Mixed Spices (see recipe below)
2 teaspoons Santa Cruz Chili powder
1 small can chopped green chiles, drained or substitute ¼ cup chopped fresh Old Southwest Trading Company's New Mexican chiles, which have been roasted, peeled and chopped
¼ cup chopped red onion
¼ cup chopped bell pepper, stem and seeds removed
¼ cup chopped tomato
¼ cup chopped mung bean sprouts
3 medium asparagus spears, chopped
⅓ cup pumpkin seeds
2 chipotle chiles, stems removed, finely chopped (optional)
2 large eggs, lightly beaten
⅓ cup skim milk
1 cup low fat plain yogurt
⅓ cup honey
⅓ cup Santa Cruz Red Chili Paste
⅓ cup grated Parmesan cheese
⅓ cup crumbled queso blanco cheese or substitute mild feta or Italian asiago cheese
6 tablespoons butter or margarine, melted
3 tablespoons butter or margarine, room temperature
Vegetable oil

Preheat the oven to 400 degrees.

Sift all of the dry ingredients together for 3 or 4 times.

Combine all the vegetables, chiles, and seeds in a separate bowl. Ideally, they should be all be chopped the size of the pumpkin seeds.

Add the vegetables to the dry ingredients and toss lightly until all of the ingredients are coated with the dry ingredients.

Mix together the liquids, eggs, milk, yogurt, honey, and chili paste. Add the cheese to the liquids.

Pour the liquids into the flour and stir lightly (do not use a beater). The batter should be stirred just until there are no dry portions of flour. The batter will resemble muffin batter that is wet and lumpy.

Pour the melted butter over the batter and stir in.

Oil the bottom of your baking pan—5½ by 10-inch loaf pans, cast

Warm Chocolate Pecan Pie

by Stella Fong

Warm Chocolate Pie Pastry:

1 cup unbleached all-purpose flour
2 tablespoons cocoa
2 tablespoons sugar
1 teaspoon Chimayo chile powder
⅛ cup vegetable shortening
¼ cup unsalted butter
2 tablespoons sugar
3 tablespoons cold water

Sift all the dry ingredients together into a food processor.

Add the shortening to the flour. Cut the butter into chunks and add to the food processor and process until it is cut into very tiny pieces, about 1 minute.

Add the water and continue to mix until the dough wraps itself around the blade and forms a ball.

Wrap the dough in plastic and refrigerate for at least ½ hour. Pastry can be kept in the refrigerator for about a week or it can be frozen for several months. If frozen, defrost slowly in refrigerator before using.

Pie Filling:

4 tablespoons butter
¼ cup Bianca's Bittersweet
Hot Fudge Sauce
3 eggs, beaten
¾ cup dark corn syrup
½ cup dark brown sugar
1 teaspoon vanilla
1¼ cups pecan halves

Preheat the oven to 425 degrees.

Line a 9-inch pie pan with the chocolate pie pastry and set aside.

Combine the butter and hot fudge and microwave on High for about a minute. Set aside.

Combine the eggs, corn syrup, sugar, fudge mixture, and vanilla. Stir in the pecans and pour mixture into the pie shell.

Bake for 15 minutes, then reduce the heat to 350 degrees and continue baking for an additional 30 minutes, or until the edges are set.

Serve with chocolate ice cream for the ultimate chocolate experience!!!

Serves: 8 to 10
Heat Scale: Mild

iron corn bread molds, or muffin tins all work well.

Fill molds to the top as the bread doesn't rise much in cooking, and bake for 15 minutes. Remove from the oven and spread the remaining butter over the top, and return for 5 to 10 additional minutes. If baking in a loaf pan, remove after 30 minutes, spread the top with the butter, return to the oven, and continue to bake.

Yield: 16 muffins
Heat Scale: Medium

Tamal Mixed Spices

½ teaspoon ground pumpkin seeds
½ teaspoon ground pasilla chile
½ teaspoon ground annato seeds
¼ teaspoon ground sesame seeds
¼ teaspoon ground cayenne or ground chile huaque
⅛ teaspoon ground thyme
⅛ teaspoon ground black pepper

Combine all the ingredients until well blended.

BOUILLABLAZE

by Wayne Meyer

¾ cup chopped onion
¾ cup chopped celery
½ cup olive oil
2 cans tomato sauce
2 cans diced tomatoes
3½ cups sherry, Amontillado type preferred
1½ tablespoons hot Hungarian paprika
1½ tablespoons Mexican oregano
2 teaspoons tarragon
1 tablespoon Louisiana Distributors Cajun Seasoning
4 dashes McIlhenny Tabasco Pepper Sauce
4 dashes Rica Red Habanero Hot Sauce
2 small cans chopped green chiles
1½ pounds scallops
1½ pounds shark or mahi-mahi, cut in 1-inch pieces
1½ pounds cooked medium shrimp

Saute the onion and celery in the olive oil.

Place all the ingredients, except the seafood, in a large pot. Add 2 cups of water and simmer, uncovered, over a medium-high heat for 3 hours stirring often so the bottom doesn't burn.

Add the shark and scallops and cook for an additional 20 to 30 minutes.

Add the shrimp and cook for an additional 5 to 7 minutes.

Serves: 8 to 10
Heat Scale: Medium

CRANBERRY-CHILE CHUTNEY

by Marilou Robinson

2 cups fresh or frozen cranberries

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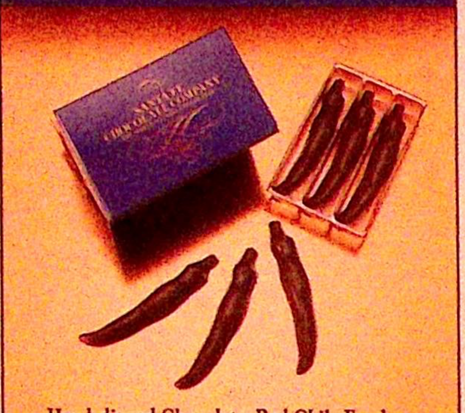

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- 1 large onion, chopped
- 4 cloves garlic, minced
- ¼ cup cider vinegar
- 3 tablespoons sugar
- 1 cup cranberry juice
- 1 tablespoon McIlhenny Tabasco Pepper Sauce
- 1 tablespoon Lee Kum Kee Chili Paste
- ¼ cup chopped red bell pepper, stem and seeds removed
- 1 red jalapeño chile, stem and seeds removed, chopped
- 1 cup dried cranberries

Place all the ingredients in a saucepan. Bring to a boil, reduce the heat, and simmer for 45 minutes, or until the sauce is thick. Cool and refrigerate.

Serve as a condiment with meat dishes, use as a sandwich spread.

Yield: 2 pints.

Heat Scale: Medium

RED HOT BLACK AND WHITE PASTA SALAD

By Walt Cannon

Marinade and Dressing:

- ½ large onion, chopped fine
- 4 cloves garlic, chopped fine
- 5 tablespoons corn oil
- 1¼ cups Santa Cruz Green Salsa
- 3 tablespoons chopped fresh cilantro
- 1½ tablespoons chopped fresh basil
- 1½ tablespoons chopped fresh thyme
- ¾ cup Absolute Citron Vodka

Chicken and Pasta:

- 2 boneless chicken breasts
- 1 pound ziti or penne pasta
- 1 can black beans, drained and rinsed
- 1 red bell pepper, stem and seeds removed, cut into ¼-inch strips
- 1 yellow or green bell pepper, stem and seeds removed, cut into ¼-inch strips
- 2 jalapeño chiles, stems and seeds removed, diced
- 1 small carrot, peeled and chopped
- 1 cup chopped tomatoes
- 1 cup diced goat cheese, cut in ½-inch dice
- Salt and pepper to taste
- McIlhenny Tabasco Pepper Sauce to taste

Saute the onion and garlic in the oil until soft. Whisk in the salsa and herbs. Add the vodka and simmer for 2 minutes. Grill the chicken breasts and cut into a ½-inch dice. Pour the marinade over the chicken, cover, and refrigerate for an hour or, preferably, overnight.

Cook the pasta, cool and add the beans and peppers.

Stir in the chicken along with the marinade. Add the remaining ingredients and season with salt, pepper, and tabasco sauce.

Serve with a chilled mango or papaya chutney and warm tortillas.

Serves: 12

Heat Scale: Mild to Medium

Note: The chicken breasts can be cooked in advance and frozen if necessary.

SOUTHWESTERN STYLE CRAB SOUP

By Cynthia Fowler

- 3 cups chicken stock, fat skimmed off
- 1/2 cup white wine
- 1 tablespoon minced garlic
- 2 cups chopped fresh Old Southwest Trading Company's New Mexican chiles, which have been roasted, peeled and chopped
- 4 corn tortillas, torn in pieces
- 1 large fish bouillon cube, crushed
- 1 teaspoon salt
- 1 tablespoon rice vinegar
- 2 cups cooked crab meat
- Garnish: 1 corn tortilla cut in strips and fried, or ¼ cup chopped red or yellow peppers

Combine all ingredients, except the crab, and simmer for an hour. Place in a blender and puree until smooth. Gently stir in the crab.

Chill the soup, garnish, and serve with a leafy green salad and crusty French rolls.

Serves: 4 to 6

Heat Scale: Medium

SMOKEY LAMB AND PAPAYA

by Kurt K. Sato

1½ pounds boneless lamb, cut in ½-inch cubes or substitute ground lamb
1 cup dry red wine
¼ pound feta cheese
1 packed tablespoon chopped fresh mint
½ cup sundried tomatoes, reconstituted and chopped
2 large chipotle chiles, rehydrated, stems and seeds removed, finely chopped
4 cloves garlic, finely chopped
1 tablespoon ground paprika
¼ cup pine nuts
¼ cup butter or margarine
¼ cup olive oil
1 package phyllo dough
1 8-ounce jar 911 Papaya Chutney

Marinate the lamb in the wine for an hour. Remove and drain.

Combine the lamb, cheese, mint, tomatoes, chipotles, garlic, paprika, and pine nuts and mix well.

Melt the butter and combine with the olive oil. Coat a 9 by 13-inch baking pan with the oil and layer with 2 to 3 phyllo sheets, cut in half.

Place ⅓ of the meat mixture on the dough, then more phyllo and meat, ending with a phyllo layer. Bake for 20 minutes at 425 degrees or until browned.

Serve the lamb topped with the papaya chutney.

Serves: 9
Heat Scale: Medium

BANANA JAMA BANANA BREAD

By Zindra J. Freeman

1 cup brown sugar
½ cup butter or margarine
2 eggs
4 tablespoons Rica Red Banana Jama Hot Sauce
1½ cups mashed bananas
2 cups plus 2 tablespoons flour
2 teaspoons baking powder
½ teaspoon salt
½ cup chopped pecans or walnuts
½ cup chocolate chips (optional)

Preheat the oven to 350 degrees.

Cream the sugar and margarine until fluffy. Add the eggs, one at a time, and beat the mixture well after each egg is added. Stir in the hot sauce and mix well. Fold in the bananas.

Combine the dry ingredients and add to the mixture. Mix in the nuts.

Pour the mixture into a greased 9 by 5-inch loaf pan. If using the chocolate chips, sprinkle on top. Bake for 1 hour 10 minutes.

Allow to cool for 15 minutes before removing from pan. Cool completely before slicing.

Yield: 12 slices
Heat Scale: Mild

DOUBLE BLOODY MARY SHRIMP

By Deanne Pimentel Ottinger

1 pound large shrimp, shelled and deveined
½ cup chopped onion
1 cup chopped tomatoes
6 cloves garlic, chopped
2 jalapeños, stems and seeds removed, chopped

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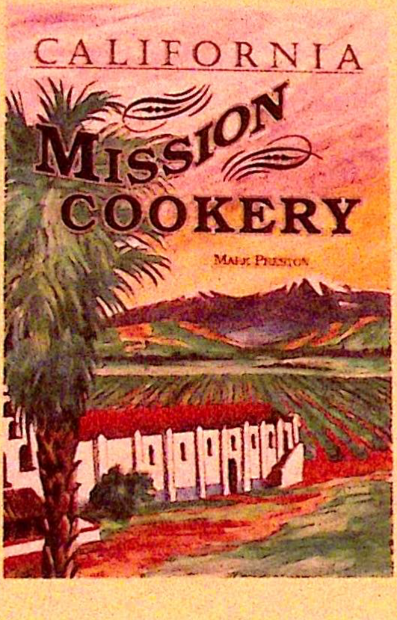

California Mission Cookery

The origins of California cooking revealed

By Mark Preston

Here is the first California cuisine, with classic recipes reflecting the timeless cookery of the missions and ranchos of early California. The cuisine emphasizes fresh, healthy ingredients and a lot of chile peppers.

Californians can rediscover their food heritage, and food lovers and cookbook buyers everywhere will enjoy the great recipes. Preston presents more than 200 recipes from the era, adapted for modern kitchens and cooks.

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The Art of Making Condiments

The most creative collection of condiments ever

By Jeffree Itrich

Originally published by North Point Press, this delicious little book features 170 innovative, yet uncomplicated recipes for condiments ranging from vinegars to pickles to sauces to preserves.

By using the handy book, home cooks can add not only spice, but also memorable enhancements to even the simplest meals. The author's innovative combinations of ingredients and flavors, delivered in a friendly, easygoing style, make *Spice It Up!* a must for any cookbook shelf.

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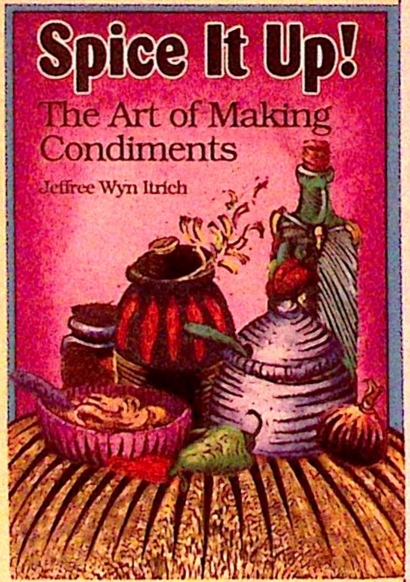

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- ⅓ cup Absolut Peppar Vodka
- 2 teaspoons McIlhenny Tabasco Pepper Sauce
- 2 teaspoons Melindas XXXTRA Hot Sauce
- Juice of 1 lime
- 1 tablespoon Worcestershire Sauce
- Celery salt to taste
- Freshly ground black pepper to taste
- 2 tablespoons peanut oil
- 2 tablespoon butter or margarine
- Chopped fresh cilantro

Combine all the ingredients except the oil, butter, and cilantro and marinate for an hour. Remove the shrimp from the marinade.

Heat the oil and saute the shrimps until they are ½ cooked. Remove the shrimp.

Add the marinade to the pan and simmer until it is reduced by ½. Return the shrimp along with the butter and simmer until the shrimp is done.

Garnish with the cilantro and serve immediately with warm garlic bread or flour tortillas.

Serves: 6
Heat Scale: Hot

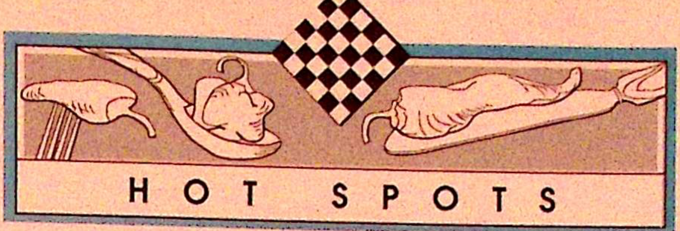
COCO LOCO

By Lynn Moretti

- 1 shot Absolut Peppar Vodka
- 1 shot white rum
- 1 shot brandy
- 1 shot gin
- 1 shot tequila
- ½ cup orange juice
- ½ cup pineapple
- ½ cup evaporated milk
- 2 ounces coconut cream
- 1 ounce grenadine syrup
- ½ cup ice cubes

Place all the ingredients in a blender and blend until frothy.

Serves: 8 to 10
Heat Scale: Mild



Chiletos Taqueria

NANCY GERLACH

Where do chileheads in Santa Barbara go for a fix? Chiletos Taqueria appears to be the place.

No beginner to the business, this is chef/owner Alex Diaz's third restaurant. And while restaurateurs many aspire to larger and grander establishments, Alex has been downscaling and simplifying his operations over the years. Many people in the area remember his two previous ventures, Alex's Cantina, followed by Little Alex's. Five years ago, however, he sold off his restaurants and went to New Mexico to learn about chile and to pick the brains of local cooks on preparing sauces from dried pods. Back in California, he has applied that knowledge at his newest venture, Chiletos, a small neighborhood take-out taqueria with a patio that seats forty-eight, weather permitting (which it usually does in Santa Barbara).

The restaurant features Mexican street food such as tacos, taquitos, burritos made with carne adovada or pork carnitas, and tortas (he has a local bakery recreate the authentic Mexican rolls.) But the real highlight of the menu are the sauces. On any given day, there are nine sauces offered; six on the counter for people to help themselves and three special "private reserves" that he keeps in the back for those who enjoy thermonuclear salsas. Alex says that it makes his day when people ask for more of his really hot sauces, and, he adds, it is usually the women who come back for seconds, not the men!

Chiletos

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HABANERO MANGO SALSA

Alex says this salsa goes well with both pork and his new menu item—swordfish tacos.

5 dried habanero chiles, stems removed
2 tablespoons chopped white onions
1 pound fresh mango, chopped (or frozen if fresh not available)
3 tablespoons golden raisins
¼ teaspoon ground turmeric
1 fresh lime, quartered

Cover the chiles with water in a saucepan. Place on the stove, add the onions and simmer until the chiles are softened. Add the mango and the raisins, raise the heat, and just before it begins to boil, remove from the heat.

Place the chile mixture in a blender, add the turmeric, and puree. As it is blending, pop the top and squeeze the lime juice into the salsa, being careful not to breathe the fumes.

Yield: 1½ to 2 cups
Heat Scale: Hot

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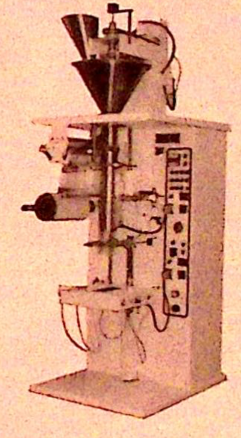

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Cutting the Mustard in England

GARY THOMSON

The Brits' love affair with their Yorkshire pudding and mustard ranks with tweed hunting jackets and summer punting in the national character. The longstanding object of their affection is Colman's, the mustard that married the palate and the plate.

The story of the yellow spread that spiced up British beef unfolds in the unique Mustard Shop and Museum in Bridewell Alley, a cobbled warren in the medieval centre of Norwich. Colman's opened the shop in 1973 in a refurbished Victorian setting. Then from the company's Carrow works came artifacts, antique furnishings, and sepia photographs to display the saga of Jeremiah Colman and his marvellous mustard.

Conquering Romans brought mustard to England. But its use dates back to early civilizations. In ancient Persia, noblemen offered mustard as part of a bride price. They tested their swordsmanship by slicing a mustard seed at one stroke, hence the expression "cut the mustard." Hippocrates and his followers prescribed mustard remedies for the sick. Matthew speaks of mustard as "the greatest among herbs." Medieval Burgundian dukes ordered their chefs to create a sauce to mask the taste and smell of rancid meat. The creation was so hot, tradition says, that it inspired a ducal motto, "Moult tarde", or "burn everything." At the same time in Britain, millers were grinding mustard seed and selling the dry powder.

In 1814 (a year before Waterloo), Jeremiah Colman began milling mustard at Stoke Holy Cross, near Norwich. By the end of the century, as Queen Victoria celebrated her Diamond Jubilee, Colmans ranked as the biggest food processing company in England. Its product line included mustard emetics, bath oils for aches and chills, and ointments for skin inflammations and rheumatism.

By then the trademark yellow oval tins were a staple in every English larder—and a boon to adventurers in far corners of the Empire, such as gold miners in the Klondike, tea planters in Ceylon, and safari hunters in India.

In Jeremiah's factory, thundering rows of pestles and mortars pulverized the seed. The powder was sieved from the bran through ultrafine bolting silk woven on the premises. In fact, the factory was self-sufficient with tinsmiths, printers, carpenters, and teamsters to oversee production and delivery.

The enterprise was a model of enlightened paternalism for the Victorian age. Employees' medical, recreation, and social assistance needs were covered in wide-ranging programs. From 1872, a company nurse dispensed advice and medicines to employees. Pensioners and orphaned girls received subsidized housing. Young men not offered permanent employment by age eighteen could choose assisted emigration, including paid fares to the colonies, new boots, vest and travelling box, and three pounds of pocket money.

By 1880, enamel signs proclaiming Colman's products hung over shops, in railway stations, and above shop counters throughout England. The advice was typically utilitarian: "Eat Colman's mustard with prime beef and enjoy it more." In the flapper '20s, a London advertising agency created the humourously successful Mustard Club. Posters in the Tube and on buses depicted the Club's officers and ranking members, including Secretary Miss Di Gester, Baron de Beef, and Lord Bacon of Cookham. The Club issued rules of conduct, badges, and even a scandal sheet chronicling the misadventures of Club members.

Period photos and informative displays in Colman's museum show a wide variety of company activities: the "yellow, white, and blue" men at their sifting stations; a 1908 cycling club rally; children working their lessons in the company school. Mustard lovers can purchase a wide range of traditional and blended herbal and aromatic mustards packaged in unique glass jars or the traditional yellow oval pot. One popular offering is the Bath Mustard Preparation, much favored in Victorian households. Reproduction posters, mustard pots, cruet sets, aprons, and shopping bags are illustrated with designs from Colman's archives or from Victorian children's booklets.

Norwich offers other delights for visitors. Its Norman cathedral presents a long pageant of English history. The Erpingham arch remembers Thomas of that name, master of King Henry's archers at Agincourt. The Norman castle overlooks the Wensum river, where Viking raiders sculled their longships. Antique shops on the riverside walk invite browsing, as do trendy boutiques in Royal Arcade.

For a snack, visit one of many old pubs in the old part of town. Whatever your fare, sausage or ham or beef, a traditional Colman's mustard will be there to excite your palate.

The Mustard Shop and Museum, 3 Bridewell Alley, Norwich, England. Open Mon-Sat, 9 a.m. to 5 p.m.

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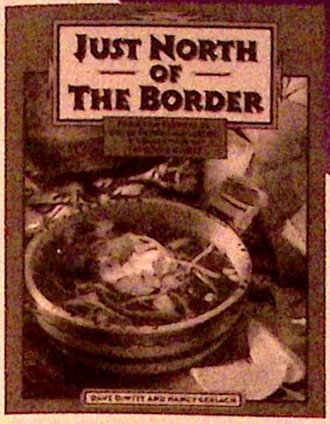
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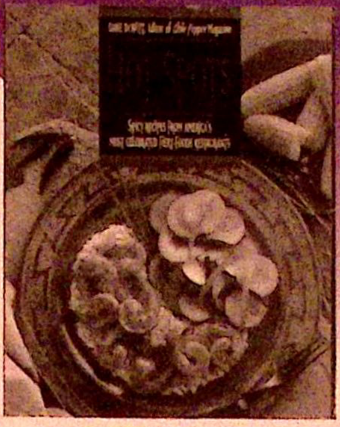

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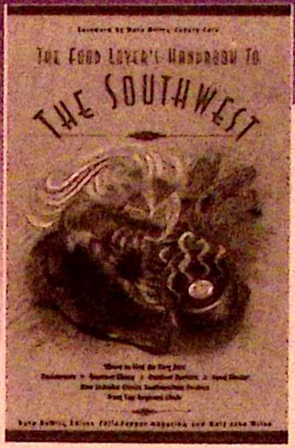
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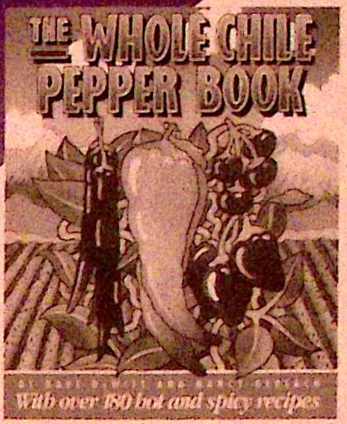
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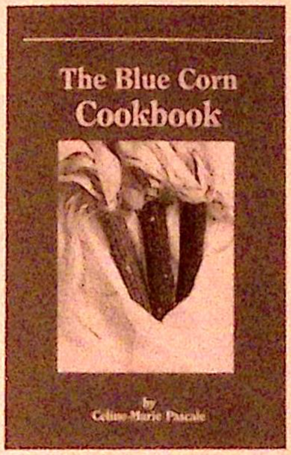
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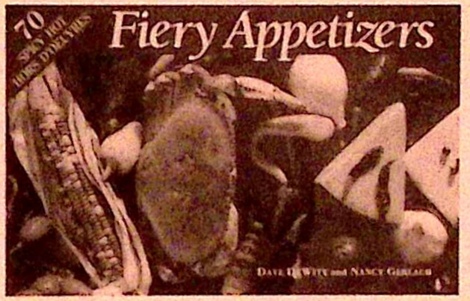
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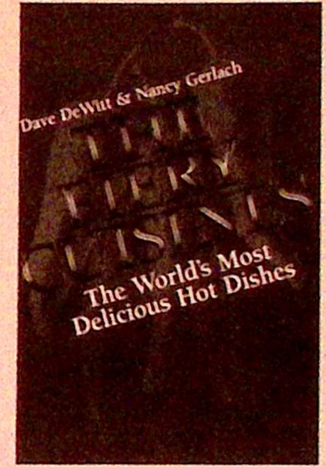
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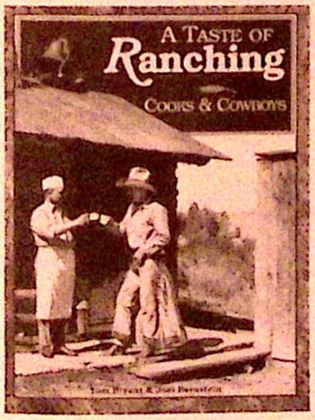
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